

Recreation Programs Summer 2019

CITY OF LAKE FOREST

June, July, August

Leisure Times



SUMMER CAMPS
RESIDENT REGISTRATION DAY

SATURDAY,
MAY 18TH
See pages 5 - 12

LEISURE TIMES INDEX

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CONTACT INFORMATION

City Hall	461-3400
Community Services	461-3450
Etnies Skatepark of Lake Forest	916-5870
www.etnies skatepark.com	
Lake Forest Sports Park & Recreation Center	273-6960
www.lakeforestsportspark.com	
Lake Forest Teens	273-6961
www.lfteens.com	
Senior Scene Clubhouse	461-3408
www.LakeForestCA.gov/seniors	
Saddleback Emeritus Registration	582-4835
IVC Emeritus Registration	451-5555
SVUSD Recreation	768-0981, press 3
Building Inspection	461-3470
City Clerk	461-3420
City Council	461-3420
City Manager's Office	461-3412
Economic Development	461-3567
Employment Hot-line	461-3566
Fields Hot-line	461-3595
Graffiti Hot-line	461-3583
Police Services	461-3548
Public Works	461-3480

Community Services Summer Quarter Holiday Schedule

City Hall and the Lake Forest Sports Park and Recreation Center will be closed on the following holiday, with no classes or programs offered on:

- Thursday, July 04, 2019 in observance of Independence Day.

For general questions regarding Community Services Programs, visit www.LakeForestCA.gov. You can still register for programs when the Community Services offices are closed on holidays or after hours. Visit the LFReconline site <http://bit.ly/LFReconline> for 24/7 online registration.

SUMMER CONCERT SERIES

"80'S VS 90'S FLASHBACK TRIBUTE" FEATURING 'FLASHPANTS' AND 'NINETEEN 90s'

Join us for two show-stopping bands that will make you want to dance all night long!



NEW CONCERT NIGHT
SATURDAY!

"FLASHPANTS" is a Vegas-Style 80's Cover Band that combines 80's Dance music with audience interaction that will have you dancing, laughing and making new friends ALL NIGHT LONG! "THE NINETEEN 90s BAND" is the premiere live 90s music tribute band playing all your favorite songs.

- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

All Ages

Jun 22

Sat

5:30 pm-8:30 pm

"COUNTRY BASH" FEATURING 'REDNECK RODEO' AND 'KELLY RAE BAND'



"Redneck Rodeo" is back y'all!! For over six years, Redneck Rodeo has been blazing trails through the palm-lined streets of Southern California. Their set will get the crowd singing and dancing in true honky-tonk fashion. You don't want to miss this one! The Kelly Rae Band is a 6-piece, high-energy country band that has been delivering crowd-pleasing performances to audiences throughout Southern California and around the world for more than two decades. The band plays a wide range of country music from Patsy Cline and Johnny Cash, to the most current artists like Lady Antebellum and Little Big Town.

- Location: Pittsford Park (21701 Pittsford Drive)

All Ages

Jul 20

Sat

5:30 pm-8:30 pm

"CLASSIC ROCK AND CAR SHOW" FEATURING 'THE LONG RUN' AND 'CREEDENCED'



Are you ready to Rock?? Since their debut in 2000 THE LONG RUN - has earned its place among the top-drawing tribute acts in North America and is widely regarded as the finest Eagles tribute show working today. Hand-picked to perform the music of The Eagles by Mark Cuban's & Ryan Seacrest's network AXS-TV, their 90 minute live concert for the hit TV show "The World's Greatest Tribute Bands" was broadcast to millions of viewers over five countries. Creedenced features Tim Walsh as John Fogerty. Tim does an amazing job, many are amazed at how much he sounds like John Fogerty.

- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

All Ages

Aug 17

Sat

5:30 pm-8:30 pm



Bunco or Bust

Learn to Play Bunco!

Calling all Bunco players! We're having some kind of fun at Bunco or Bust! If you have never played Bunco, we'll teach you! No skill is involved, just luck lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers and beverages. Prizes will be given away. So what's stoppin' ya?

- Fee: \$7 per person
- Location: Lake Forest Community Center (25550 Commercentre Dr.)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 7651 Adults/Seniors Jul 26 Fri 7-9:30 pm

SUMMER 2019 REGISTRATION DATES



CAMP REGISTRATION DAY FOR RESIDENTS

Saturday, May 18, 2019 @ 8 am

RESIDENTS

ALL OTHER PROGRAMS

Tuesday, May 21, 2019 @ 8 am

NON-RESIDENTS

ALL PROGRAMS

Tuesday, May 28, 2019 @ 8 am



Certified FARMERS MARKET



COME JOIN US FOR THE LAKE FOREST CERTIFIED FARMERS MARKET!

Come join us for the Certified Lake Forest Farmers Market! If you are interested in having a booth during the event or have questions related to the Farmers Market, please email info@lakeforestfarmersmarket.com or call (949) 273-6971.

Booths are available on a first come first serve basis and limited to one of each type vendor to ensure variety. Homemade, local business, and produce vendors are preferred.

- Fee: Free to attend
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway) Parking lot area in front of the Recreation Center

For more info call: Sr. Recreation Supervisor, Nick Gates at 273-6971 or email info@lakeforestfarmersmarket.com

Families Ongoing Wed 4:30-8 pm
* Weather Permitting



DINO DAYS AT THE NATURE PARK

Experience the Nature Park as it transforms into adventurous "Dino Days"! There will be fun for the entire family with a walking DINO tour of a life size moving T-Rex, Velociraptors, and a Dilophosaurus.

- Fee: \$5 per wristband, per day - **PRESALE***
- Location: Lake Forest Nature Park (26215 Dimension Dr)

**This is a PRESALE event! Wristbands are often sold out by event day.*

Purchase wristbands IN-PERSON ONLY at the Lake Forest Recreation Center (28000 Rancho Parkway) Limited number of wristbands sold for each day. No refunds will be given for cancellations or lost wristbands.

Ages 2 years old and over require a wristband to participate in dino tour and activities

Wristbands include dinosaur tour, arts & crafts, face painting, balloon artist and unlimited games. Music and entertainment are free! There will be food for a nominal fee.

For more info call: The Recreation Center at 273-6960

Families	Jun 1	Sat	10 am-2 pm
Families	Jun 2	Sun	10 am-2 pm

2019 Movies in the Park

Bring your friends, family, and a blanket for free movies and fun under the stars. We start our 2019 Summer Movie Series by reuniting with Emmet, Lucy, and the other heroes of Bricksburg to defeat the Lego Duplo invaders of outer space in *The LEGO Movie 2*. We will then journey to the Island of Berk to meet up with Hiccup and Toothless in the next installment of *How To Train Your Dragon: The Hidden World*. After leaving our dragon utopia, we travel to Metroville. Everyone's favorite superhero family is back in *Incredibles 2* to fight an all new growing threat. Before our summer is over, we will join Bagheera, Baloo, and Mowgli on a wild jungle adventure, in the 1967 Disney classic, *The Jungle Book*. Forget about your worries and your strife, and mark your calendars now for the City's of Lake Forest's Movies in the Park. Movies will begin after sunset. Pre- movie screening festivities begin at 6:30 pm

- Fee: Free!
(Snacks will be available for nominal fee – cash only)
- Location: Lake Forest Sports Park Common Grass Area (28000 Rancho Parkway)

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Families	The LEGO Movie 2	Jun 14	Fri	6:30 pm
Families	How To Train Your Dragon: The Hidden World	Jul 12	Fri	6:30 pm
Families	Incredibles 2	Aug 9	Fri	6:30 pm
Families	The Jungle Book (1967)	Aug 23	Fri	6:30 pm



Family Campout at the Sports Park

Grab your family, pack up your tent, and come camp out in our backyard! Enjoy the evening playing games, making crafts, and singing campfire songs under the night sky. Participants must provide their own tents, sleeping bags, and any other personal items. Don't forget to bring an appetite because dinner, dessert, and breakfast are included!

Ages four and older must be registered.

- Fee: Residents - \$7 per person
Non-residents - \$12 per person
- Location: Lake Forest Sports Park Common Grass Area (28000 Rancho Parkway)

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7715

Families 4 yrs+	Jul 13-14	Sat 5:30 pm - Sun 10 am
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SAVE TIME!



Register Online at:
<http://bit.ly/LFReconline>

2019 4th of July Parade

We Love a Parade



The 2019 4th of July Parade Logo
designed by Lily Huaman

ALL AGES WELCOME! FREE!

The Lake Forest community is proud to present its **28th Annual 4th of July Parade**, and is looking for creative, enthusiastic and patriotic participants to enter the fun! This year's theme is **"We Love a Parade"** We are especially looking for bands who play patriotic music!

* Parade viewers – For safety reasons, please do not enter the parade route once the parade has begun.

All parade applications are due by 5:00 pm on Tuesday, June 4th.

Register online at:
www.lakeforestparade.com



Win VIP seating for this year's 4th of July parade!

Simply post your photos showing the theme of this year's event, **"We Love a Parade,"** on the City's Facebook page at www.facebook.com/lakeforestca and include the hashtag **#WeLoveaParade**. The photo can be anything that represents the theme. The deadline to post your photo is Monday, June 24 with winners randomly selected and notified the same day at 5 p.m. under the Sweepstakes post.

THURSDAY, JULY 4TH SCHEDULE OF EVENTS

Kiwanis Pancake Breakfast

7 to 10 am

Located in front of the El Toro High School Gym
\$6 per person

El Toro CHARGERS 5K Run/Walk

7:30 am

Proceeds go to El Toro High School Education Boosters Program. Starts and finishes at the corner of Lake Forest Drive & Serrano Road. Race Registration fees: \$35 (by Friday, June 14). \$40 Adults (after Saturday, June 15). \$20 Students of any level. Registration: July 3rd from 4 pm to 6 pm. Start time: 7:30 am. Drop off location for 5k registration: UPS Store by Ralphs. More info available on our website eltorochargers5k.org.

Lake Forest "We Love a Parade" 4th of July Parade

10 am

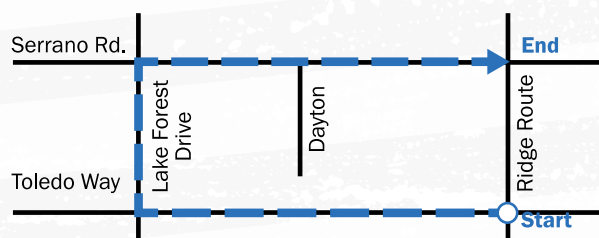
The parade starts at the corner of Toledo Way and Ridge Route Drive and ends on Serrano at Ridge Route. For additional information call the Community Services Department at 461-3450, visit www.lakeforestparade.com, or for up-to-the-minute info, please visit facebook.com/LakeForestEvents

PARKING INFORMATION

Parking is located in the El Toro High School back parking lot, which can be accessed on Serrano Road from El Toro Road. This parking lot does fill up quickly.

Parking can also be found Lake Forest Drive and Serrano Road.

4TH OF JULY PARADE ROUTE





Summer Camp

DEMO DAY AND OPEN HOUSE

PREVIEW ALL OF THE GREAT SUMMER
PROGRAMS, CAMPS AND CLASSES!

SATURDAY, MAY 11TH FROM 11 AM–2 PM
LAKE FOREST SPORTS PARK AND RECREATION CENTER
(28000 RANCHO PARKWAY)



CITY STAFFED SUMMER CAMPS

Registration for City of Lake Forest Run Summer Camps will begin on Saturday, May 18, 2019 at 8:00am. This new registration day addition is only for Lake Forest Residents and only for Summer Camps. Registration for all other programs will begin on Tuesday, May 21, 2019 (Residents), Tuesday, May 28 (Non-Resident)



Lake Forest ROCKS Camp

The Lake Forest Rocks Camp is here this summer for seven spectacular weeks! Get ready for three days of onsite fun and two-days of field trips. Participants must bring a snack and a lunch. Some excursions may require additional money for your child to have lunch, play games, or buy souvenirs. Excursions are subject to change. This camp will have an eight to one camper to counselor ratio.

Please note the new camp cancellation policy.

- Instructor: Lake Forest Recreation Staff
- Fee: \$150 per week - Resident
\$155 per week - Non-Resident
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register:

Online, Mail-In, Walk-In beginning May 18, 2019

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7583	7-10 yrs	Jun 24-28	Mon-Fri	7:30 am-6 pm
Act#: 7584	7-10 yrs	Jul 8-12	Mon-Fri	7:30 am-6 pm
Act#: 7585	7-10 yrs	Jul 15-19	Mon-Fri	7:30 am-6 pm
Act#: 7586	7-10 yrs	Jul 22-26	Mon-Fri	7:30 am-6 pm
Act#: 7587	7-10 yrs	Jul 29-Aug 2	Mon-Fri	7:30 am-6 pm
Act#: 7588	7-10 yrs	Aug 5-9	Mon-Fri	7:30 am-6 pm
Act#: 7589	7-10 yrs	Aug 12-16	Mon-Fri	7:30 am-6 pm



Lake Forest UNPLUGGED Camp

Join us this summer in the Lake Forest UNPLUGGED! We will be going to two excursions each week and enjoy three days of activities including games, skits, crafts, and team competitions. The weekly fee also includes excursions with transportation, crafts, camp T-shirt and Friday BBQs or pizza parties!

Please note the new camp cancellation policy.

- Instructor: Lake Forest Recreation Staff
- Fee: \$150 per week - Resident
\$155 per week - Non-Resident
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register:

Online, Mail-In, Walk-In beginning May 18, 2019

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7590	11-14 yrs	Jun 24-28	Mon-Fri	7:30 am-6 pm
Act#: 7591	11-14 yrs	Jul 8-12	Mon-Fri	7:30 am-6 pm
Act#: 7592	11-14 yrs	Jul 15-19	Mon-Fri	7:30 am-6 pm
Act#: 7593	11-14 yrs	Jul 22-26	Mon-Fri	7:30 am-6 pm
Act#: 7594	11-14 yrs	Jul 29-Aug 2	Mon-Fri	7:30 am-6 pm
Act#: 7595	11-14 yrs	Aug 5-9	Mon-Fri	7:30 am-6 pm
Act#: 7596	11-14 yrs	Aug 12-16	Mon-Fri	7:30 am-6 pm



Little Pioneers Camp

Join us for days of fun-filled activities from music, arts and crafts, games, circle time, and outside exploring. Children will grow and develop in a caring, fun, and positive atmosphere. Your little pioneer will play, imagine, and create and will be constantly engaged in age-appropriate activities staff has planned for them. Every little pioneer must be potty trained. Our fee includes a t-shirt and a nutritious snack.

Please note the new camp cancellation policy.

Instructor: Lake Forest Recreation Staff

- Fee: \$85 per week - Resident
\$90 per week - Non-Resident
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In beginning May 18, 2019

For More Info Call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7576	3-6 yrs	"Around the World in 5 days"	Jun 17-21	Mon-Fri	9 am-12 pm
Act#: 7577	3-6 yrs	"Tarzan's Jungle"	Jun 24-28	Mon-Fri	9 am-12 pm
Act#: 7578	3-6 yrs	"Summer Olympics"	Jul 8-12	Mon-Fri	9 am-12 pm
Act#: 7579	3-6 yrs	"Prehistoric Adventure"	Jul 15-19	Mon-Fri	9 am-12 pm
Act#: 7580	3-6 yrs	"Little Scientists"	Jul 22-26	Mon-Fri	9 am-12 pm
Act#: 7581	3-6 yrs	"Fairytale Fun"	Jul 29-Aug 2	Mon-Fri	9 am-12 pm
Act#: 7582	3-6 yrs	"Under the Sea Aloha"	Aug 5-9	Mon-Fri	9 am-12 pm

SUMMER 2019

CAMP CANCELLATION POLICY AND FEES

- All Camp cancellations requesting refunds (for Little Pioneers, Lake Forest Rocks and Lake Forest Unplugged camps) must be submitted by 5pm on the Thursday prior to the first day of camp (Monday) will be assessed \$30 cancellation fee.
- All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee.
- All refund requests for Little Pioneers, Lake Forest Rocks and Lake Forest Unplugged Camps must call, the Recreation Supervisor at (949) 273-6975.



Lake Forest Sports Academy CAMP

In this camp, participants will learn introductory techniques for several popular sports in this fun and exciting atmosphere. We will focus on the benefits of sportsmanship, discipline and teamwork, while we play several games including: soccer, baseball, basketball and flag-football. All skill levels are welcome and our coach-to-camper ratio will be five to one. This class includes a t-shirt, cold drinks and a personalized sports card!

- Instructor: Lake Forest Recreation Staff
- Fee: \$55 Resident
\$60 Non-Resident
(Five-day camp)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7716	3-4 yrs	Jun 17-21	Mon-Fri	9-9:45 am
Act#: 7717	5-7 yrs	Jun 17-21	Mon-Fri	10-11 am
Act#: 7718	3-4 yrs	Aug 19-23	Mon-Fri	9-9:45 am
Act#: 7719	5-7 yrs	Aug 19-23	Mon-Fri	10-11 am

“Frozen in Summer” Princess Academy

Academy princesses-in-training will engage in winter wonderland featuring their favorite winter sisters, and possibly a clumsy snowman. Princesses are trained through familiar songs, play, basic etiquette, stories, dance and princess crafts. Princess-in-training activities at this academy focus on poise, manners, grace and kindness through learning beginning ballet, tea party etiquette, and playing team building games. A royal performance for family and friends held on the last day of camp. Wear tights, ballet or closed-toed shoes and bring a snack and water.

- Instructor: OC Dance Productions
- Fee: \$149 Resident
\$154 Non-Resident
(One-week camp)
- Materials Fee: An additional material fee of \$20 due to instructor at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7648	3.5-7 yrs	Jun 24-28	Mon-Fri	9 am-12 pm
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Children's Musical Theater Camp

Join the award winning OC Dance Productions and their beloved staff for a week of musical theater. Campers will be introduced to the fun and exciting world of musical theater, Broadway style. Children will create, attend mini “workshops” of acting, vocals, and dance thus developing characters and learning articulation, projection, rhythm and basic choreography while working with peers to produce a musical number or two. Camps will include our popular format with the “I Am Kind” daily kindness discussions and activities and themed crafts performed daily. Imaginative theater and team building games will build confidence and promote individuality for the final performance for family and friends on the final day of camp. Please wear closed toed shoes. Bring snack and water.

- Instructor: OC Dance Productions
- Fee: \$149 Resident
\$154 Non-Resident
(4-7 yrs camp)
- Fee: \$169 Resident
\$174 Non-Resident
(6-10 yrs camp)
- Materials Fee: An additional material fee of \$20 due to instructor at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7649	4-7 yrs	Aladdin	Jul 8-12	Mon-Fri	9 am-12 pm
Act#: 7650	6-10 yrs	Descendants 2	Jul 8-12	Mon-Fri	1-4:30 pm

Etiquette Factory Camp *Manners, Character & Social Skills*

The Etiquette Factory is a unique learning experience designed to change the world, one child at a time. We define manners as: Helping those around you to feel valued. Our exclusive program helps children understand why integrity, respect, empathy, and charity help our lives both personally and professionally. Over 50 different etiquette skills taught using games, role plays, activities, music and stories. Some of the skills included are: Proper introductions, Empathy, Dining Etiquette, Tact and so much more!

- Instructor: The Etiquette Factory Staff
- Fee: \$135 Resident
\$140 Non-Resident
(Four-day camp)
- Materials Fee: An additional material fee of \$20 due to instructor at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7654	5-12 yrs	Jun 17-21	Mon-Thu	9 am-12 pm
Act#: 7655	5-12 yrs	Aug 19-22	Mon-Thu	9 am-12 pm

Jedi Engineering Camp

using LEGO®

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects using LEGO materials such as X-Wings, R2 Units, Energy Catapults, Defense Turrets and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

- Instructor: Play-Well TEKologies staff
- Fee: \$170 Resident
\$175 Non-Resident
(One-week camp)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7618 5-7 yrs Aug 12-16 Mon-Fri 9 am-12 pm

Jedi Master Engineering Camp

using LEGO®

The Force Awakens in this advanced engineering course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics and eccentric motion. Build projects using LEGO materials such as X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Could Cities, Settlements, Fortresses and other complex machines and structures from a galaxy far, far away.

- Instructor: Play-Well TEKologies staff
- Fee: \$170 Resident
\$175 Non-Resident
(One-week camp)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7619 7-12 yrs Aug 12-16 Mon-Fri 1-4:00 pm



Magikid Robotics Summer Camp

Come explore life science, robotics, creative writing, green-screen movie making, and more at our Magikid Robotics Summer Camp! This STEAM-based Summer Camp is a great introduction to the world of technology!

- Instructor: Magikid Robotics Lab Staff
- Fee: \$150 Resident
\$155 Non-Resident
(Four-day camp)
- Materials Fee: An additional material fee of \$25 due to instructor at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7641 6-12 yrs Jun 17-21 Mon-Thu 2-3:30 pm

Act#: 7642 6-12 yrs Jun 24-28 Mon-Thu 2-3:30 pm

Act#: 7643 6-12 yrs Jul 15-19 Mon-Thu 2-3:30 pm

Act#: 7644 6-12 yrs Jul 29-Aug 2 Mon-Thu 2-3:30 pm

Act#: 7645 6-12 yrs Aug 5-9 Mon-Thu 2-3:30 pm

Act#: 7646 6-12 yrs Aug 19-23 Mon-Thu 2-3:30 pm

Bionerds Camp

Come and join this fun and hands-on biology workshop for kids! Your child will be up close and personal with the live/preserved organisms and perform dissections/cool biology experiments using lab equipment/tools. A guest speaker may be offered.

Mix and Match Biology: Learn about food biology, digestion system, decomposers, microorganisms, water creatures and genetics.

Land and Water Creatures: Learn about the land and water creatures from lizards, frogs, sea urchins, stingrays and more.

- Instructor: Bionerds staff
- Fee: \$156 Resident
\$161 Non-Resident
(Four half-days)
- Materials Fee: An additional material fee of \$56 due to instructor at first class meeting for half-day camp; \$80 for full-day camp.
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7623 - Mix/Match Biology
5-12 yrs Half-Day Jul 1-5 Mon-Wed, Fri 9 am-12 pm

Act#: 7624 - Land/Water Creatures
5-12 yrs Half-Day Jul 1-5 Mon-Wed, Fri 1-4 pm

Act#: 7625 - Mix/Match Biology & Land/Water Creatures
5-12 yrs Full-Day Jul 1-5 Mon-Wed, Fri 9 am-4 pm

Chess Wizards Inc. Camp

Chess Wizards offers summer and holiday vacation camps for children aged 6-12. As much as we love chess and champion it's cognitive and character benefits, we don't believe asking an 8-year old to stay inside for 3 or 6 hours and just play chess during their vacation. We've developed an interactive day-camp format which includes all kinds of activities to keep kids both physically and mentally engaged during their time with us. Team chess games, puzzles, skill-building, and team and individual physical games are just some of the camp activities. A sample day might include exploration of a technical chess concept, fun group challenges, a healthy snack, a mini-tournament, capture-the-flag, and blob tag. Or creating and designing your own chess piece to be used in a practice game with your new friends. After all, it's camp... we want our students to make memories that they will carry with them through the upcoming school year and beyond.

- Instructor: Chess Wizards Staff
- Fee: \$212 Resident \$334 Resident
\$217 Non-Resident \$339 Non-Resident
(Five half-days) (Five full-days)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7656	6-12 yrs	Half-Day	Jun 17-21	Mon-Fri	9 am-12 pm
Act#: 7657	6-12 yrs	Full-Day	Jun 17-21	Mon-Fri	9 am-3 pm
Act#: 7658	6-12 yrs	Half-Day	Aug 19-23	Mon-Fri	9 am-12 pm
Act#: 7659	6-12 yrs	Full-Day	Aug 19-23	Mon-Fri	9 am-3 pm

Aesthetic Climbing Gym Summer Camp

Attendees will learn to push their limits while having a great time with peers. Our camp will include a variety of games, indoor and outdoor activities and of course, rock climbing! All meals and snacks will be included for the duration of the camp.

- Instructor: Aesthetic Climbing Gym Staff
- Fee: \$275 Resident \$280 Non-Resident
(Five-day camp)
- Materials Fee: An additional material fee of \$20 due at first class meeting.
- Location: Aesthetic Climbing Gym (26794 Vista Terrace)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7844	5-15 yrs	Jun 24-28	Mon-Fri	9 am-3 pm
Act#: 7845	5-15 yrs	Jul 8-12	Mon-Fri	9 am-3 pm
Act#: 7846	5-15 yrs	Jul 15-19	Mon-Fri	9 am-3 pm
Act#: 7847	5-15 yrs	Jul 22-26	Mon-Fri	9 am-3 pm
Act#: 7848	5-15 yrs	Jul 29-Aug 2	Mon-Fri	9 am-3 pm
Act#: 7849	5-15 yrs	Aug 5-9	Mon-Fri	9 am-3 pm

Clay Adventures Camp

Have fun learning how to turn clay into wonderful creatures and other projects. We will hand build the pieces as we learn techniques such as coiling, scoring, slab construction and more. We will decorate the pieces with under glazes (special paint for wet clay) Different projects each day. All pieces will be glazed and fired. Aprons will be provided.

- Instructor: My Art Studio – Lucia Henry
- Fee: \$110 Resident \$115 Non-Resident
(Five-day camp)
- Materials Fee: An additional material fee of \$20 due to instructor at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7621 6-12 yrs Aug 12-16 Mon-Fri 9:30-11:30 am

Clementine Kitchen: Healthy Hands Cooking Camp

This is a wonderful program that will lay the foundation for healthy eating by educating and empowering students about basic kitchen safety, creating a healthy balanced plate, how to substitute ingredients to make meals healthier and so much more!

- Instructor: Melissa Clemons
- Fee: \$95 Resident \$100 Non-Resident
(Five-day camp)
- Materials Fee: An additional material fee of \$55 due at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7627	6-12 yrs	Jul 8-11	Mon-Thu	1-4 pm
Act#: 7627	6-12 yrs	Jul 22-25	Mon-Thu	1-4 pm

Summer of Art Camp

This art camp is filled with creative and fun projects. Explore a variety of media such as acrylics on canvas, watercolors, pastels, clay sculptures and more! We will enjoy Summertime through art as we draw and paint landscapes, still-life, animals and other themes. All art supplies and aprons will be provided.

- Instructor: My Art Studio – Lucia Henry
- Fee: \$105 Resident \$110 Non-Resident
(Five-day camp)
- Materials Fee: An additional material fee of \$20 due to instructor at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7620 6-12 yrs Jul 17-21 Mon-Fri 9:30-11:30 am

Summer Tennis Camp 2019

Tennis Summer camp is available to juniors from beginner to intermediate for ages 5-16 years old. Each day's program will include instruction, drills, strategy, and match play in an environment geared towards both learning and fun. All classes will be divided according to age and ability level. Refreshments will be served.

- Instructor: PLAY TENNIS Instructor
- Fee: \$150 Resident
\$155 Non-Resident
(One-week camp)
- Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7684	5-10 yrs	Jun 17-21	Mon-Fri	9-10:30 am
Act#: 7685	5-10 yrs	Jun 24-28	Mon-Fri	9-10:30 am
Act#: 7686	5-10 yrs	Jul 1-5*	Mon-Fri	9-10:30 am
Act#: 7687	5-10 yrs	Jul 8-12	Mon-Fri	9-10:30 am
Act#: 7688	5-10 yrs	Jul 15-19	Mon-Fri	9-10:30 am
Act#: 7689	5-10 yrs	Jul 22-26	Mon-Fri	9-10:30 am
Act#: 7690	5-10 yrs	Jul 29-Aug 2	Mon-Fri	9-10:30 am
Act#: 7691	5-10 yrs	Aug 5-9	Mon-Fri	9-10:30 am
Act#: 7692	5-10 yrs	Aug 12-16	Mon-Fri	9-10:30 am
Act#: 7693	5-10 yrs	Aug 19-23	Mon-Fri	9-10:30 am
Act#: 7694	11-16 yrs	Jun 17-21	Mon-Fri	10:30 am-12 pm
Act#: 7695	11-16 yrs	Jun 24-28	Mon-Fri	10:30 am-12 pm
Act#: 7696	11-16 yrs	Jul 1-5*	Mon-Fri	10:30 am-12 pm
Act#: 7697	11-16 yrs	Jul 8-12	Mon-Fri	10:30 am-12 pm
Act#: 7698	11-16 yrs	Jul 15-19	Mon-Fri	10:30 am-12 pm
Act#: 7699	11-16 yrs	Jul 22-26	Mon-Fri	10:30 am-12 pm
Act#: 7700	11-16 yrs	Jul 29-Aug 2	Mon-Fri	10:30 am-12 pm
Act#: 7701	11-16 yrs	Aug 5-9	Mon-Fri	10:30 am-12 pm
Act#: 7702	11-16 yrs	Aug 12-16	Mon-Fri	10:30 am-12 pm
Act#: 7703	11-16 yrs	Aug 19-23	Mon-Fri	10:30 am-12 pm

**WE WANT TO
HEAR FROM YOU!**

Please contact us at:
LFRonline@lakeforestca.gov
With thoughts on our online registration
system. Your feedback is very important to us.



Super Soccer Stars Summer Camp

Each day's camp theme will guide participants through engaging activities that will teach soccer skills, build self confidence, and promote cooperation. Each day will wrap with friendly game play that culminates in a Mini World Cup. Bring water, healthy snack, lunch, sunscreen, sneakers/cleats, and shin guards.

- Instructor: Bionerds staff
- Fee: \$200 Per participant - Resident
\$205 Per participant - Non-Resident
(Five-day camp)
- Materials Fee: An additional material fee of \$56 due to instructor at first class meeting for half-day camp; \$80 for full-day camp.
- Location: Baker Ranch Community Park
(26380 Rancho Pkwy)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7720	3-4 yrs	Jun 17-21	Mon-Fri	9 am-12 pm
Act#: 7721	3-4 yrs	Jun 24-28	Mon-Fri	9 am-12 pm
Act#: 7722	3-4 yrs	Aug 12-16	Mon-Fri	9 am-12 pm
Act#: 7723	3-4 yrs	Aug 19-23	Mon-Fri	9 am-12 pm
Act#: 7724	5-10 yrs	Jun 17-21	Mon-Fri	9 am-12 pm
Act#: 7725	5-10 yrs	Jun 24-28	Mon-Fri	9 am-12 pm
Act#: 7726	5-10 yrs	Aug 12-16	Mon-Fri	9 am-12 pm
Act#: 7727	5-10 yrs	Aug 19-23	Mon-Fri	9 am-12 pm

Skyhawks Mini-Hawk Multi-Sport Camp

Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand /eye coordination, and skill development. Parent participation required for 2-3 age group. Includes a t-shirt, ball, and merit award!

- Fee: \$179 Per participant - Resident
\$184 Per participant - Non-Resident
(Five-day camp)
- Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7728	4-6 yrs	Jul 8-12	Mon-Fri	9 am-12 pm
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Skyhawks Beginning Golf Camp

Campers will learn the fundamentals of swinging, putting, and body positioning. Skyhawks has adopted the SNAG (Starting New at Golf) system to its curriculum. SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment is provided. Participants will receive a t-shirt and a merit award!

- Instructor: My Art Studio – Lucia Henry
- Fee: \$179 Per participant - Resident
\$184 Per participant - Non-Resident
(Five-day camp)
- Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7729 5-8 yrs Aug 12-16 Mon-Fri 9 am-12 pm

Skyhawks Baseball Camp

Learn the fundamentals of fielding, catching, throwing, hitting, and base running in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. All participants receive a t-shirt and player evaluation. All participants receive a t-shirt and player evaluation card!

- Fee: \$125 Per participant - Resident
\$130 Per participant - Non-Resident
(Three-day camp)
- Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7730 5-8 yrs Jul 1-3 Mon-Wed 9 am-12 pm

Skyhawks Basketball Camp

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressive curriculum, staff focuses on the whole player, teaching respect, teamwork, and responsibility. An active class of passing, shooting, dribbling, and rebounding makes this one of our most popular programs. All participants get a t-shirt, ball, and player evaluation card!

- Instructor: Skyhawks Staff
- Fee: \$179 Per participant - Resident
\$184 Per participant - Non-Resident
(Five-day camp)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7731 7-12 yrs Aug 5-9 Mon-Fri 9 am-12 pm

LAKE FOREST SPORTS PARK & RECREATION CENTER

The Lake Forest Sports Park & Recreation Center Gymnasium spreads 27,000 square feet with two hardwood floored basketball courts and two volleyball courts.

Stop by Open Gym times for a game of basketball, volleyball or futsal! Free for Residents and Commercial Residents. Open Gym membership for non-residents is \$100 for the calendar year or a \$5 daily pass.

Beginning January 1, 2019 a new membership is required.



Basketball:

Monday-Friday	11 am–1pm
Monday (30 and older)	6:30 pm–9:30 pm
Saturday	2–6 pm
Sunday	2:30–5:30 pm

Volleyball:

Friday	6:30–9:30 pm
Saturday	6:30–9:30 pm
Sunday	10 am–2 pm

Pickleball:

Tuesday	8:30–10:30 am
Thursday	8:30–10:30 am

Futsal Soccer:

Thursday	6:30–9:30 pm
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- All participants must be over the age of 14 or accompanied by a parent/guardian.
- A photo I.D. is required each time a participant attends Open Gym activities.
- No food or drink is allowed inside the gymnasium.
- Basketballs and volleyballs can be rented out for the exchange of an I.D.

Summer Holiday Schedule:

Thursday, July 4, 2019 Closed

Looking to connect with us? Follow us on these social media platforms:



facebook.com/lfsportspark



[@lakeforest-sportspark](https://lakeforest-sportspark)

TEEN LOUNGE CLOSED FOR SUMMER: EFFECTIVE JUNE

The Teen Lounge Program 2019/2020

Monday – Friday

(excluding school holidays)

All students must be Lake Forest residents to register for this program. Proof of residency is required.

Fall 2019 Teen Lounge registration begins on Tuesday, May 21 at 8 am. In-person pre-registration at the Lake Forest Recreation Center is REQUIRED for the upcoming 2019/2020 school year.

- Fee: \$50 per school year
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

For more info call: 273-6974 or email: agahan@lakeforestca.gov

Bus transportation available from Serrano and Los Alisos Intermediate School

Open until 6 pm



SUMMER 2019 REGISTRATION DATES



CAMP REGISTRATION DAY FOR RESIDENTS

Saturday, May 18, 2019 @ 8 am

RESIDENTS

ALL OTHER PROGRAMS

Tuesday, May 21, 2019 @ 8 am

NON-RESIDENTS

ALL PROGRAMS

Tuesday, May 28, 2019 @ 8 am



A.C.T. (Advisory Committee for Teens)

Help Make a Difference

Are you in middle school or high school and want to make a difference in your community? Then get ACTIVE in your community and make it happen by joining the A.C.T. Let your voice be heard! Help plan teen activities and excursions, volunteer for City events, and be a voice for your community. The committee meets twice a month and does service projects throughout the year. This prestigious group helps to give students real world experience and service hours for college applications. This is a year-long commitment volunteer group. Teens wishing to be a part of the group must attend a meeting and go through the application process that includes a registration packet and interview.

- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

**For more info call: 273-6974
or email agahan@lakeforestca.gov**

Summer Committee Meeting nights:

Teens	Jun 6	Thu	6-7 pm
Teens	Jun 20	Thu	6-7 pm
Teens	Jul 11	Thu	6-7 pm
Teens	Jul 25	Thu	6-7 pm
Teens	Aug 8	Thu	6-7 pm
Teens	Aug 22	Thu	6-7 pm



Swim Lessons for Children and Adults

SwimLabs offers lessons to swimmers of all abilities and ages. With SwimLabs indoor facility, controlled environment, and world-class instructors, we provide lessons catered to each swimmer's needs and desires. Private and semi-private lessons are available as well. Please call Swimlabs at (949) 716-6370 to schedule your group lesson time after purchase.

- Instructor: SwimLabs Staff
- Fee: **Act#: 7704** (Four-class package)
\$112 Resident
\$117 Non-Resident
Act#: 7705 (Eight-class package)
\$208 Resident
\$213 Non-Resident
- Location: SwimLabs, 20918 Bake Pkwy., Ste. 100

To Register and for more info call: The City of Lake Forest at 461-3450

Ages 1 to adult Ongoing Varies

Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 4 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun.

- Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher
- Fee: \$130 Resident
\$135 Non-Resident
(8-week session) Babies under the age of 8 months free with registered sibling
- Materials Fee: A \$37 fee payable to instructor is required at first class meeting
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7613 Birth-4 yrs Jun 24-Aug 12 Mon 9-9:45 am
Act#: 7750 Birth-4 yrs Jun 18-Aug 6 Tue 9-9:45 am
Act#: 7614 Birth-4 yrs Jun 18-Aug 6 Tue 4:30-5:15 pm
Act#: 7615 Birth-4 yrs Jun 21-Aug 9 Fri 10:30-11:15 am
Act#: 7616 Birth-4 yrs Jun 22-Aug 10 Sat 9:15-10 am
Act#: 7617 Birth-4 yrs Jun 22-Aug 10 Sat 10:15-11 am



Art Innovators Preschool!



Unleash your little one's power to create! Learning to draw independently will refine their fine motor skills and boost their confidence like never before! Students explore various subjects and fun art media each week.

- Instructor: Michael Shulman – Art Innovators
- Fee: \$45 Resident \$60 Resident
\$50 Non-Resident \$65 Non-Resident
(Four-week sessions) (Five-week sessions)
- Materials Fee: A \$5 fee payable to instructor is required at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7669	3.5-5 yrs	Jun 1-29	Sat	1 pm-1:45 pm
Act#: 7670	3.5-5 yrs	Jul 6-27	Sat	1 pm-1:45 pm
Act#: 7671	3.5-5 yrs	Aug 3-31	Sat	1 pm-1:45 pm

Art Innovators



Build your own portfolio with the masterpieces you create each week. Learn to draw and explore a variety of art media including watercolor, pastels, professional markers, metal coloring, and more! Each week is a new lesson on a new style, technique and subject.

- Instructor: Michael Shulman – Art Innovators
- Fee: \$56 Resident \$72 Resident
\$61 Non-Resident \$77 Non-Resident
(Four-week sessions) (Five-week sessions)
- Materials Fee: A \$10 fee payable to instructor is required at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7672	3.5-5 yrs	Jun 1-29	Sat	2 pm-3 pm
Act#: 7673	3.5-5 yrs	Jul 6-27	Sat	2 pm-3 pm
Act#: 7674	3.5-5 yrs	Aug 3-31	Sat	1 pm-1:45 pm



Clementine Kitchen: Parent & Me Cooking Workshop — June

June is National Fruit and Veggie Month. Celebrate by taking a cooking class with your child! We will be making a meal all from scratch with quality ingredients; burgers, sweet potato fries, and fruit salad. Yummy and healthy, plus some quality time with your child!

- Instructor: Melissa Clemons
- Fee: \$30 Resident
\$35 Non-Resident
(One class workshop)
- Materials Fee: A \$5 fee payable to instructor is required at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7632 6-12 yrs Jun 6 Thu 5-7 pm

Clementine Kitchen: Parent & Me Cooking Workshop — July

July is National Picnic Month! Celebrate by taking a cooking class with your child! We will make Grape Spritz Slushie, Rainbow Pasta Salad, and Ginger Snaps. Yummy and healthy, plus some quality time with your child!

- Instructor: Melissa Clemons
- Fee: \$30 Resident
\$35 Non-Resident
(One class workshop)
- Materials Fee: A \$5 fee payable to instructor is required at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7633 6-12 yrs Jul 11 Thu 5-7 pm

Clementine Kitchen: Parent & Me Cooking Workshop — August

July is National Peach Month and also National Sandwich Month! Celebrate by taking a cooking class with your child! We will be making Banana Peach Smoothie, BBQ Chicken Sandwich, and Southern Grilled Peaches. Yummy and healthy, plus some quality time with your child!

- Instructor: Melissa Clemons
- Fee: \$30 Resident
\$35 Non-Resident
(One class workshop)
- Materials Fee: A \$5 fee payable to instructor is required at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7634 6-12 yrs Aug 15 Thu 5-7 pm

Clementine Kitchen: Sprouts Cooking Series

In the preschool cooking series, children will learn about a variety of recipes and healthy ingredients. We will learn about super strawberries, sweet peas in a pod, and colors on my plate.

- Instructor: Melissa Clemons
- Fee: \$45 Resident
\$50 Non-Resident
(Three-class workshop)
- Materials Fee: A \$15 fee payable to instructor is required at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7626 2.5-5 yrs Jun 6, Jul 11, Aug 15 Thu 3:45-4:30 pm

SAVE TIME!



Register Online at:

<http://bit.ly/LFReonline>

Clementine Kitchen: Teen Cooking Class

Ready to adapt healthier habits and learn some important life skills? Learn to prepare healthy snacks and meals using simple ingredients and simple appliances.

- Instructor: Melissa Clemons
- Fee: \$95 Resident
\$100 Non-Resident
(Four-class workshop)
- Materials Fee: A \$50 fee payable to instructor is required at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7635 13-17 yrs Jul 7-28 Sun 2-5 pm

Pee Wee Gymnastics: Parent & Me

You and your toddler will have fun exploring the gym and going through fun obstacles that are set up by our coach. These activities will help your child develop social skills while increasing parent-child bonding experience. Also, your child will learn new skills like front rolls, hanging on bars, walking on the balance beam and different games on the trampoline. Parent participation required.

- Instructor: Us Too Center Staff
- Fee: \$60 Resident
\$65 Non-Resident
(Four-week session)
- Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7660			
26 mos-1.5 yrs	Jun 3-24	Mon	10-10:45 am
Act#: 7661			
20 mos-2.5 yrs	Jun 4-25	Tue	10-10:45 am
Act#: 7662			
2-3 yrs	Jun 5-26	Wed	10-10:45 am
Act#: 7663			
26 mos-1.5 yrs	Jul 8-29	Mon	10-10:45 am
Act#: 7664			
20 mos-2.5 yrs	Jul 9-30	Tue	10-10:45 am
Act#: 7665			
2-3 yrs	Jul 10-31	Wed	10-10:45 am
Act#: 7666			
26 mos-1.5 yrs	Aug 5-26	Mon	10-10:45 am
Act#: 7667			
2-3 yrs	Aug 7-28	Wed	10-10:45 am

Pee Wee Gymnastics: Transitional

This class is great for kids that are ready to be in a structured gymnastics class. Children will strengthen their muscles and better their coordination while improving their social skills. They will learn to wait their turn and go through stations such as parallel bars, vault, and balance beam where they will start to learn basic gymnastics skills. Transition class is for kids advanced enough to not need parent participation.

- Instructor: Us Too Center Staff
- Fee: \$64 Resident
\$69 Non-Resident
(Four-week session)
- Location: Us Too Center (25 Spectrum Pointe Dr #405)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7675			
3-4 yrs	Jun 3-24	Mon	11-11:45 am
Act#: 7676			
3-4 yrs	Jun 4-25	Tue	11-11:45 am
Act#: 7677			
3.5-5 yrs	Jun 6-27	Thu	2:30-3:15 pm
Act#: 7678			
3-4 yrs	Jul 8-29	Mon	11-11:45 am
Act#: 7679			
3.5-5 yrs	Jul 10-31	Wed	2-2:45 pm
Act#: 7680			
3.5-5 yrs	Jul 11-Aug 1	Thu	2:30-3:15 pm
Act#: 7681			
3.5-5 yrs	Aug 2-23	Fri	1:45-2:30 pm
Act#: 7682			
3-4 yrs	Aug 5-26	Mon	11-11:45 am
Act#: 7683			
3-4 yrs	Aug 7-28	Wed	11-11:45 am



Embers Firebugs

Preschool Gymnastics



Children explore their physical abilities through age appropriate activities on vault, bars, beam and tumbling as well as the use of preschool equipment such as incline mats, barrels, donuts, scooters, parachutes and more. The program will enhance listening skills and direction following in our safe and fun environment.

- Instructor: Wildfire Gymnastics Staff
- Fee:
\$79 Resident \$98.75 Resident
\$84 Non-Resident \$103.75 Non-Resident
(Four-week session) (Five-week session)
- Materials Fee: Annual \$30 insurance fee per child payable at Wildfire Gymnastics.
- Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7752			
3-4 yrs	Jun 3-24	Mon	6:30-7:25 pm
Act#: 7753			
3-4 yrs	Jun 5-26	Wed	11:30-12:25 pm
Act#: 7754			
3-4 yrs	Jun 5-26	Wed	2:30-3:25 pm
Act#: 7755			
3-4 yrs	Jun 7-28	Fri	10:30-11:25 am
Act#: 7756			
3-4 yrs	Jul 1-29	Mon	6:30-7:25 pm
Act#: 7757			
3-4 yrs	Jul 3-31	Wed	11:30-12:25 pm
Act#: 7758			
3-4 yrs	Jul 3-31	Wed	2:30-3:25 pm
Act#: 7759			
3-4 yrs	Jul 5-26	Fri	10:30-11:25 am
Act#: 7760			
3-4 yrs	Aug 5-26	Mon	6:30-7:25 pm
Act#: 7761			
3-4 yrs	Aug 7-28	Wed	11:30-12:25 pm
Act#: 7762			
3-4 yrs	Aug 7-28	Wed	2:30-3:25 pm
Act#: 7763			
3-4 yrs	Aug 2-30	Fri	10:30-11:25 am



Junior Flame Gymnastics



This transition class places the emphasis on developing specific gymnastics skills through progressive activities: tumbling, vaulting, bars, balance beam, rings, p-bars, and trampoline.

- Instructor: Wildfire Gymnastics Staff
- Fee:
\$79 Resident \$98.75 Resident
\$84 Non-Resident \$103.75 Non-Resident
(Four-week session) (Five-week session)
- Materials Fee: Annual \$30 insurance fee per child payable at Wildfire Gymnastics.
- Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7764			
5-6 yrs	Jun 3-24	Mon	6:30-7:25 pm
Act#: 7765			
3-4 yrs	Jun 5-26	Wed	2:30-3:25 pm
Act#: 7766			
5-6 yrs	Jul 1-29	Mon	6:30-7:25 pm
Act#: 7767			
5-6 yrs	Jul 3-31	Wed	2:30-3:25 pm
Act#: 7768			
5-6 yrs	Aug 5-26	Mon	6:30-7:25 pm
Act#: 7769			
5-6 yrs	Aug 7-28	Wed	2:30-3:25 pm

Gymnastics: Girls Fire Academy



The program is structured to follow the guidelines set by USA gymnastics and is achievement oriented in a fun and positive environment. Basic skills, progressions, strength and flexibility are included. Instruction on vault, bars, balance beam, floor exercise, tumble track and trampoline.

- Instructor: Wildfire Gymnastics Staff
- Fee:
\$99 Resident \$123.75 Resident
\$104 Non-Resident \$128.75 Non-Resident
(Four-week session) (Five-week session)
- Materials Fee: Annual \$30 insurance fee per child payable at Wildfire Gymnastics.
- Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7770	7-17 yrs	Jun 3-24	Mon	6:30-8 pm
Act#: 7771	7-17 yrs	Jul 1-29	Mon	6:30-8 pm
Act#: 7772	7-17 yrs	Aug 5-26	Mon	6:30-8 pm

Gymnastics: Boys Fire Academy



This program is focused on three elements: a fun positive environment, fundamental skill development and basic muscular development in coordination, strength and flexibility. By emphasizing your child's success, athletic confidence will develop for gymnastics and any other sport your son may later pursue. Instruction included on tumbling, vault, P-bars, high bar, rings, pommel horse, tumble track and trampoline.

- Instructor: Wildfire Gymnastics Staff
- Fee:

\$99 Resident	\$123.75 Resident
\$104 Non-Resident	\$128.75 Non-Resident
(Four-week session)	(Five-week session)
- Materials Fee: Annual \$30 insurance fee per child payable at Wildfire Gymnastics.
- Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7773			
7-17 yrs	Jun 3-24	Mon	6:30-8 pm
Act#: 7774			
7-17 yrs	Jul 1-29	Mon	6:30-8 pm
Act#: 7775			
7-17 yrs	Aug 5-26	Mon	6:30-8 pm

Beginning Tumbling



Tumbling class are designed for boys and girls wanting to concentrate on the tumbling aspects of gymnastics. This class is great for aspiring cheerleaders and dancers wanting to learn acro skills or those who just like to flip. Students will use the trampoline, tumble tramp and spring floor. Strength and flexibility training are also incorporated into the classes. Emphasizes fundamentals.

- Instructor: Wildfire Gymnastics Staff
- Fee:

\$79 Resident	\$98.75 Resident
\$84 Non-Resident	\$103.75 Non-Resident
(Four-week sessions)	(Five-week sessions)
- Materials Fee: Annual \$30 insurance fee per child payable at Wildfire Gymnastics.
- Location: Wildfire Gymnastics (20662 Prism Place)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7776			
7-17 yrs	Jun 1-29	Sat	11:30 am-12:30 pm
Act#: 7778			
7-17 yrs	Jul 6-27	Sat	11:30 am-12:30 pm
Act#: 7779			
7-17 yrs	Aug 3-24	Sat	11:30 am-12:30 pm



Princess Ballet

Enjoy all of your favorite songs and stories in this special edition Princess Ballet class this session. Young dancers will be introduced to the fundamentals of ballet and creative movement with an element of fun and fantasy and lots of encouragement. Princess ballerinas will use props, wear princess tutus, hear stories from 'Aladdin' and dance to songs from your princess favorites! Class also promotes listening skills, coordination, balance and musicality.

- Instructor: OC Dance Productions staff
- Fee:

\$99 Resident
\$104 Non-Resident
(Seven-week sessions)
- Material Fee: An additional material fee of \$5 due to instructor at first class meeting.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7602			
3-4 yrs	Jun 29-Aug 10	Sat	9-9:45 am
Act#: 7603			
4-5 yrs	Jun 29-Aug 10	Sat	10:45-11:30 am

Ballet I



This perfect introduction to the beautiful art of ballet will enhance your young dancer's coordination, balance and flexibility. Our caring instruction will help your child acquire the fundamentals. Dress code: leotards, tights & ballet slippers. Hair should be in a bun.

- Instructor: Foundations Dance Studio
- Fee:

\$99 Resident
\$104 Non-Resident
(6-week sessions)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7636			
6-9 yrs	Jul 1-Aug 5	Mon	4:30-5:30 pm

Ballet, Jazz & Tap Combo

Dancers will start as balanced dancers with exercises and instruction in beginning classical ballet, rhythmic tapping and beginning jazz dance. Class also promotes musicality, coordination, balance and grace. Ballet and tap shoes required.

- Instructor: OC Dance Productions staff
- Fee:
\$99 Resident
\$104 Non-Resident
(Seven-week sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7597 3-4 yrs	Jun 25-Aug 13	Tue	3:30-4:15 pm
Act#: 7598 4-6 yrs	Jun 25-Aug 13	Tue	4:20-5:05 pm
Act#: 7599 3-5 yrs	Jun 29-Aug 10	Sat	9:50-10:35 am

***No class 7/2**

Jazz I



Your dancer's confidence and coordination will grow in this upbeat introduction to the fundamentals of jazz. Dress code: leotards, tights, jazz shorts & shoes. Hair up from face & neck.

- Instructor: Foundations Dance Studio
- Fee:
\$99 Resident
\$104 Non-Resident
(6-week sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7637 6-9 yrs	Jul 1-Aug 5	Mon	5:30-6:30 pm
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Hip Hop

Dancers train in the basic fundamentals of hip hop, while creating awareness for personal technique and emphasis on coordination, rhythm, creativity, and fun. Class promotes strength, flexibility, coordination, self-confidence, and improves athletic ability. Appropriate for those new to hip hop or with little dance experience. Sneakers required.

- Instructor: OC Dance Productions staff
- Fee:
\$99 Resident
\$104 Non-Resident
(Seven-week sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7601 4-7 yrs	Jun 29-Aug 10	Sat	11:35-12:20 pm
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Hip Hop I



Have a blast with our kid friendly, age appropriate hip hop class. Dancers will work on building rhythm and coordination with choreography tailored for youth. Dress code: sweatpants/leggings, t-shirt and sneakers.

- Instructor: Foundations Dance Studio
- Fee:
\$99 Resident
\$104 Non-Resident
(6-week sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7640 7-10 yrs	Jul 3- Aug 7	Wed	5:30-6:15 pm
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Pop Star Hip Hop

Dance & choreograph like your favorite Pop Star! By the end of this course, our pop star dancers will learn their own choreography tips and tools to put on their own show at home. Sneakers or jazz shoes required.

- Instructor: OC Dance Productions staff
- Fee:
\$99 Resident
\$104 Non-Resident
(7-week sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7600 5-9 yrs	Jun 25-Aug 13	Tue	5:10-5:55 pm
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***No class 7/2**

Lyrical/ Contemporary I



Your dancer will explore the beauty and story-telling of this movement style of dance under the guidance of caring instructors. Dress code: leotard, tights, jazz shorts and shoes. Hair up away from face and neck.

- Instructor: Foundations Dance Studio
- Fee:
\$99 Resident
\$104 Non-Resident
(6-week sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7639 6-9 yrs	Jul 3- Aug 7	Wed	4:30-5:30 pm
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Super Soccer Stars: Kick & Play: 12-24 Months

Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play-all while having a blast!

- Instructor: Super Soccer Stars Staff
- Fee:
\$114 Resident
\$119 Non-Resident
(Six-week sessions)
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7740			
12-24 mos	Jun 15-Jul 20	Sat	9:00-9:40 am
Act#: 7741			
12-24 mos	Jul 27- Aug 31	Sat	9:00-9:40 am



Super Soccer Stars: 2-3 Year Old

Curriculum incorporates fun dribbling and shooting activities to teach positive social interaction and the basic skills of soccer.

- Instructor: Super Soccer Stars Staff
- Fee:
\$114 Resident
\$119 Non-Resident
(Six-week sessions)
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7736			
2-3 yrs	Jun 15-Jul 20	Sat	9-9:40 am
Act#: 7737			
2-3 yrs	Jul 27- Aug 31	Sat	9-9:40 am
Act#: 7738			
2-3 yrs	Jun 15-Jul 20	Sat	9:50-10:30 am
Act#: 7739			
2-3 yrs	Jul 27- Aug 31	Sat	9:50-10:30 am



Super Soccer Stars: 3-Young 4 Year Old

Includes partner and physical activities such as running, skipping and jumping.

- Instructor: Super Soccer Stars Staff
- Fee:
\$114 Resident
\$119 Non-Resident
(Six-week sessions)
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7732			
3-4 yrs	Jun 15-Jul 20	Sat	9:45-10:30 am
Act#: 7733			
3-4 yrs	Jul 27- Aug 31	Sat	9:45-10:30 am
Act#: 7734			
3-4 yrs	Jun 15-Jul 20	Sat	10:35-11:20 am
Act#: 7735			
3-4 yrs	Jul 27- Aug 31	Sat	10:35-11:20 am



Super Soccer Stars: Older 4-5 Year Old

The primary focus of this class is body movement with the ball. The objectives are to continue development in basic dribbling, passing, receiving and shooting techniques and to introduce juggling skills.

- Instructor: Super Soccer Stars Staff
- Fee:
\$114 Resident
\$119 Non-Resident
(Six-week sessions)
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7742			
4-5 yrs	Jun 15-Jul 20	Sat	9-9:50 am
Act#: 7743			
4-5 yrs	Jul 27- Aug 31	Sat	9-9:50 am
Act#: 7744			
4-5 yrs	Jun 15-Jul 20	Sat	10:35-11:25 am
Act#: 7745			
4-5 yrs	Jul 27- Aug 31	Sat	10:35-11:25 am



Super Soccer Stars: Older 5-7 Year Old

Enables children to develop team skills. Awareness of teammates is constantly emphasized so that children will be able to use skills when transferred to the soccer game setting.

- Instructor: Super Soccer Stars Staff
- Fee:
\$114 Resident
\$119 Non-Resident
(Six-week sessions)
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7746				
5-7 yrs	Jun 15-Jul 20	Sat		9:55-10:55 am
Act#: 7747				
5-7 yrs	Jul 27- Aug 31	Sat		9:55-10:55 am



Super Soccer Stars: Premiere Class (Ages 6-8)

This program is designed for players who are poised for a higher level of soccer instruction. Licensed and experienced coaches use specially developed curriculum to introduce sophisticated skills, provide technical improvement and foster social development in a fun, non-competitive environment. Players must have previous soccer experience.

- Instructor: Super Soccer Stars Staff
- Fee:
\$144 Resident
\$149 Non-Resident
(Six-week sessions)
- Location: Baker Ranch Community Park
(26380 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7748				
6-8 yrs	Jun 15-Jul 20	Sat		11:00am-12:00pm
Act#: 7749				
6-8 yrs	Jul 27- Aug 31	Sat		11:00am-12:00pm



Skyhawks: Mini-Hawk Multi-Sport Class

Introduce your little superstar to sports in our most popular program! This baseball, basketball, and soccer class uses age-appropriate games and activities to explore balance, hand /eye coordination, and skill development. Parent participation required for 2-3 age group.

- Instructor: Skyhawks Staff
- Fee:
\$155 Resident
\$160 Non-Resident
(Nine-week sessions)

**No class 7/4 & 7/6*

- Location: Pittsford Park (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7713				
2-3.5 yrs	Jun 22-Aug 24	Sat		9-9:40 am
Act#: 7714				
3.5-5 yrs	Jun 22-Aug 24	Sat		9:50-10:30 am



Skyhawks: Basketball

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressive curriculum, staff focuses on the whole player, teaching respect, teamwork, and responsibility. An active class of passing, shooting, dribbling, and rebounding makes this one of our most popular programs.

- Instructor: Skyhawks Staff
- Fee:
\$145 Resident
\$150 Non-Resident
(Eight-week sessions)
- Location: Lake Forest Sports Park & Recreation Center
Gymnasium (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7710				
7-10 yrs	Jun 20 - Aug 15	Thu		6-7 pm

Register Online at:
<http://bit.ly/LFReconline>



Skyhawks: Hoopster Tots Class

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing, and team work. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge.

- Instructor: Skyhawks Staff

- Fee:
\$139 Resident
\$144 Non-Resident
(Eight-week sessions)

*No class 7/4 & 7/6

- Location: Lake Forest Sports Park & Recreation Center
Gymnasium (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7711

3-4 yrs Jun 20 – Aug 15 Thu 4-4:45 pm

Act#: 7712

5-6 yrs Jun 20 – Aug 15 Thu 5-5:45 pm

Beginning Ukulele

Learn to play the Ukulele in a friendly and supportive environment. You will learn easy chords, how to read tablature and how to play different strum styles. No previous musical experience required. You must bring your own ukulele to class.

- Instructor: Ron Gorman

- Fee:
\$99 Resident
\$104 Non-Resident
(Five-week sessions)

*No class 7/2

- Location: Lake Forest Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7708

10 yrs-Adult Jun 11-Jul 16 Tue 6:30-7:30 pm



Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

- Instructor: Ron Gorman

- Fee:
\$89 Resident
\$94 Non-Resident
(Five-week sessions)

*No class 7/2

- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7707

10 yrs-Adult Jun 11-Jul 16 Tue 7:30-8:30 pm

Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc. Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

- Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

- Fee:
\$28 Resident
\$33 Non-Resident
(One-time workshop – includes CPR/First Aid Course)

- Material Fee: An additional \$40 material fee is due to instructor the day of class

- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7826

10 yrs-Adult Jul 20 Sat 10 am-5 pm





Basic First Aid

This American Safety and Health Institute (ASHI) course is OSHA approved and recommended for anyone interested in learning the basics when it comes to handling some of life's more common emergencies. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **Participants should bring a self-addressed stamped envelope.** Please Note: EMSA stickers are no longer available for this class. (Pre-registration is required for this course and space is limited)

- Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES
- Fee:
Free Resident
\$5 Non-Resident
- Material Fee: An additional \$15 material fee is due to instructor the day of class.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7827

10 yrs-Adult

Jul 20

Sat

3-5 pm

CPR/AED: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course is OSHA approved covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own two mannequins on which to practice. Participants will also learn how to use an AED (Automatic External Defibrillator). Participants will receive a certification card which is valid for two years. **Participants should bring a self-addressed stamped envelope.**

Please Note: This is not a Healthcare Provider level course. EMSA stickers are no longer available for this class. (Pre-registration is required for this course and space is limited.)

- Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES
- Fee:
\$28 Resident
\$33 Non-Resident
(One-time workshop)
- Material Fee: An additional \$15 material fee is due to instructor the day of class.
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7828

10 yrs-Adult

Jul 20

Sat

12:30-3 pm



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PLEASE NOTE:

City of Lake Forest staff photographs participants at many special events and classes. We may use these photos to market our programs in various publications or on our website.

Adult

Swim Lessons for Children and Adults

SwimLabs offers lessons to swimmers of all abilities and ages. With SwimLabs indoor facility, controlled environment, and world-class instructors, we provide lessons catered to each swimmer's needs and desires. Private lessons are available as well. Call SwimLabs to set up time and dates.

- Instructor: SwimLabs Staff
- Fee:
 - Act#: 7704** (Four-class package)
 - \$112 Resident
 - \$117 Non-Resident
 - Act#: 7705** (Eight-class package)
 - \$208 Resident
 - \$213 Non-Resident
- Location: SwimLabs, 20918 Bake Pkwy., Ste. 100

To Register and for more info call:
The City of Lake Forest at 461-3450

1 yrs to Adult	Ongoing	Varies
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Baby & Me Yoga

Bring balance to your new life as a parent, reduce anxiety and give yourself the gift of a restorative hour of yoga by practicing with your baby. You will be guided through poses for you and alternately for baby. This class is designed to deepen a connection to yourself as well as nourish and cultivate your bond with your child. Expect a very relaxing and playful atmosphere, incorporating some singing and chanting. Bring a yoga mat for yourself and a blanket for baby. Babies should be between 0 and 12 months.

- Instructor: Inspire Yoga OC
- Fee:
 - \$60 Resident
 - \$65 Non-Resident
 - (Five-week session)
- *No class 7/25
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7606			
18 & up	Jun 13-Jul 11	Thu	9:30-10:15 am
Act#: 7607			
18 & up	Jul 18-Aug 22	Thu	9:30-10:15 am



Yin Yoga

A series of long-held (2-4 min), passive, floor poses that focus on the spine and other areas rich in connective tissue. Huge therapeutic benefits include increased circulation, improved flexibility, stress and anxiety reduction, rehabilitation from injury, and much more. Appropriate for all skill levels and body types. Bring yoga mat. Blocks, blankets and a bolster are strongly recommended and orders taken at first meeting.

For more information www.inspireyogaoc.com

- Instructor: Andrea Thorlakson
- Fee:
 - \$125 Resident
 - \$130 Non-Resident
 - (Ten-week session)
- *No class 7/23 & 7/25
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7604			
18 & up	Jun 11-Aug 20	Tue	7:45-8:45 pm
Act#: 7605			
18 & up	Jun 13-Aug 22	Thu	8:15-9:15 am

Meditation with Sound Therapy



This class will combine both participatory and passive experiences. Learn how sound can be a healing agent, tune into your own vibrational instrument (your body), and receive the benefits of natural frequencies made by singing bowls. First, prepare for mediation through breath and gentle movement. Then, relax in a blissful environment flooded with calming sounds, becoming more open and aware, bringing balance to the body and mind. Appropriate for all students familiar with meditation as well as brand new to the practice of mindfulness. Bring a yoga mat and a blanket or large beach towel.

For more information www.inspireyogaoc.com

- Instructor: Yoga OC –Andrea Thorlakson
- Fee:
 - \$15 Resident
 - \$20 Non-Resident
 - (One-class session)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7482			
18 & up	Aug 22	Tue	7:45-8:45 pm



Pickleball 101

Learn how to play pickleball! Beginner classes indoors. Learn all the basic fundamentals of pickleball: strokes, rules and strategy. All levels welcome.

- Instructor: Hai Nguyen – AYTE Tennis
- Fee:
\$99 Resident
\$104 Non-Resident
(Four-week session)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7830
18 & up **Jun 11-Jul 2** **Tue** **1:30-2:30 pm**

Act#: 7460
18 & up **Jul 16-Aug 6** **Tue** **1:30-2:30 pm**

Intro to Tennis



This is a beginner class for adults who are interested in learning the basic fundamentals of tennis. It is an introductory class with emphasis on strokes, footwork, placement of shots, consistency and positioning. No previous experience required.

- Instructor: Play Tennis Staff
- Fee:
\$199 Resident
\$204 Non-Resident
(Eight-week session)
- Location: Pittsford Park Tennis Courts (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7832
18 yrs & up **Jun 12-Jul 31** **Wed** **7-8 pm**



Liveball Tennis



This is a class for adults who are looking for a great workout by drilling and playing out live points. It is an intermediate to advanced (4.0-4.5) level class. Emphasis on cardio, footwork, point lay, and stroke refinement.

- Instructor: Play Tennis Staff
- Fee:
\$120 Per participant - Resident
\$125 Per participant - Non-Resident
(Four-week session)
- Location: Pittsford Park Tennis Courts (21701 Pittsford Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7833
18 yrs & up **Jun 8-29** **Sat** **12-1:30 pm**

Act#: 7834
18 yrs & up **Jul 6-27** **Sat** **12-1:30 pm**

Act#: 7835
18 yrs & up **Aug 3-24** **Sat** **12-1:30 pm**

Mommy & Baby STROLLERCISE

Come take your workouts to another level with our stroller-based fitness class designed for moms with little ones. Our total body workout incorporates power walking, running, overall strength, toning and flexibility. You will gain endurance, stamina and lots of energy. Both moms and soon-to-be-moms are welcome. Classes are held outdoors with your little ones. Babies from eight weeks to two years welcome. Moms must be at least six weeks postpartum with verbal clearance from physician. Bring your own mat and water.

For more info www.endeavourpt.com

- Instructor: Maryam Stevenson
- Fee:
\$108 Resident
\$113 Non-Resident
(Eight-class sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7629
18 & up **Jun 4-27** **Tue & Thu** **10:30-11:30 am**

Act#: 7630
18 & up **Jul 2-30** **Tue & Thu** **10:30-11:30 am**

Act#: 7631
18 & up **Aug 1-27** **Tue & Thu** **10:30-11:30 am**

Get Off Your Booty Camp

Get in shape "Boot camp style"

Experience full-body workouts that will improve your aerobic capacity, increase your metabolism, increase your flexibility and get you to a healthier and stronger YOU. A results-driven conditioning program that focuses on developing lean, toned and healthy bodies, using your own body weight and a variety of exercise equipment. This class is designed for all fitness levels. Work at your own pace. Bring your own mat and water.

For more info www.endeavourpt.com

- Instructor: Maryam Stevenson
- Fee:
\$104 Resident
\$109 Non-Resident
(Eight-class sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7608
18 & up Jun 4-27 Tue & Thu 6:15-7 pm

Act#: 7609
18 & up Jul 2-30 Tue & Thu 6:15-7 pm

Act#: 7610
18 & up Aug 1-27 Tue & Thu 6:15-7 pm

Adult Ballet

Our adult ballet class is for any level. We provide a judgment free class that considers various ages and abilities while exploring the beauty and art of ballet.

- Instructor: Foundations Dance Studio
- Fee:
\$99 Resident
\$104 Non-Resident
(Six-class sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7638
18 & up Jul 1- Aug 5 Mon 6:30-7:30 pm

Ballroom Dance Class

Come Dance with the Fox!

Take your dance partner in your arms and dance to the music that makes your feet want to move. You will learn a smooth dance like Fox Trot or Waltz, one Latin dance like Cha Cha or Rumba and that exciting Swing dance. A registered partner is required but no dance experience necessary. If you know those dances we will add material and styling to your dancing. Smooth-soled shoes are best to wear.

- Instructor: Carri Fox
- Fee:
\$64 Resident
\$69 Non-Resident
(Eight-week sessions)
- *No class 7/5
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7668
18 & up Jun 7-Aug 2 Fri 7-8 pm

Bollywood Dance Fitness



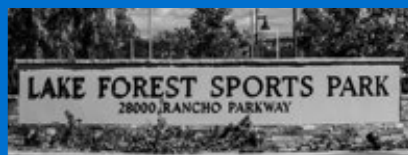
Bollywood dance is the dance performed in Indian movies. The Bollywood dance style is a beautiful blend of all Indian classical and folk styles. These also including Western popular, and "modern", jazz, and even Western erotic dancing. Bollywood dance-fitness program is 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.

- Instructor: Chandu
- Fee:
\$150 Resident
\$155 Non-Resident
(Ten-class sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7843
18 & up Jun 8-Aug 10 Sat 8:30-9:30 am



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Use #LAKEFORESTSPORTSPARK when posting your pictures and your pic may be reposted on one of our social media platforms!



Zumba® Gold + Toning for Beginners

Blends the Zumba® Gold rhythms you love with light weight activity, a total body workout using Zumba® Toning Sticks or your own one-pound weights to shake up the muscles! This is a low intensity class perfect for active adults. Moves are adaptable to your own body needs. Improve your muscle strength, flexibility, balance and coordination. **These classes are ongoing and class packages are provided with registration. Punch cards are available from instructor. Bring receipt to first class.**

- Instructor: Angie Velez

- Fee:

Act#: 7611 (Five-class package)

\$30 Resident

\$35 Non-Resident

Act#: 7612 (Ten-class package)

\$50 Resident

\$55 Non-Resident

- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

18 & up	Ongoing	Tue	6-7 pm
18 & up	Ongoing	Sat	10-11 am

SUMMER 2019 REGISTRATION DATES

NEW
**CAMP REGISTRATION
DAY FOR RESIDENTS**
Saturday, May 18, 2019 @ 8 am

RESIDENTS
ALL OTHER PROGRAMS
Tuesday, May 21, 2019 @ 8 am

NON-RESIDENTS
ALL PROGRAMS
Tuesday, May 28, 2019 @ 8 am

iPhone Most Useful

Secrets: *Hidden Features Every User Should Know*

Learn how to get the most out of your iPhone and learn things you didn't know your iPhone could do. If you know the basics, this class is for you! Each participant will have available a handout of material covered. Covers basic controls, Control Center, keyboard and editing, Phone, Contacts, Calendar, Siri, texting and email, Safari, Camera, Photos, Music, iBooks, built-in apps, and many additional tips. Free class handout will be available for download to each participant (or \$15 at the door). Save \$15 and print the handout at home. The content could change so wait until a week before the first meeting before printing. Bring your iPhone and handout to class. Minimum requirements: iPhone 6s or newer, software updated to iOS 12

- Instructor: Jake Jacobs

- Fee:

\$40 Resident

\$45 Non-Resident

(Four-week sessions)

- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7837

18 & up Jun 6-27 Thu 10 am-12 pm

Beginning Photoshop Elements

This class will take the student through the basics of the Elements program.

The students will learn to improve photos by adjusting lighting, color, crop, remove un-wanted objects, add text and more! Students must have laptop loaded with Photoshop Elements 11 or higher.

- Instructor: Art Ramirez

- Fee:

\$90 Resident

\$95 Non-Resident

(Six-week sessions)

- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7838

18 & up Jun 5-Jul 10 Wed 10-11:30 am

Act#: 7839

18 & up Jul 24-Aug 28 Wed 10-11:30 am



Intermediate Photoshop Elements **NEW**

In this class students will learn about layer masks, adjustment layer, changing backgrounds and basic photo restoration. Students must have laptop loaded with Photoshop Elements 11 or higher.

- Instructor: Art Ramirez
- Fee:
\$90 Resident
\$95 Non-Resident
(Six-week sessions)
- Location: Lake Forest Sports Park & Recreation Center
(28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

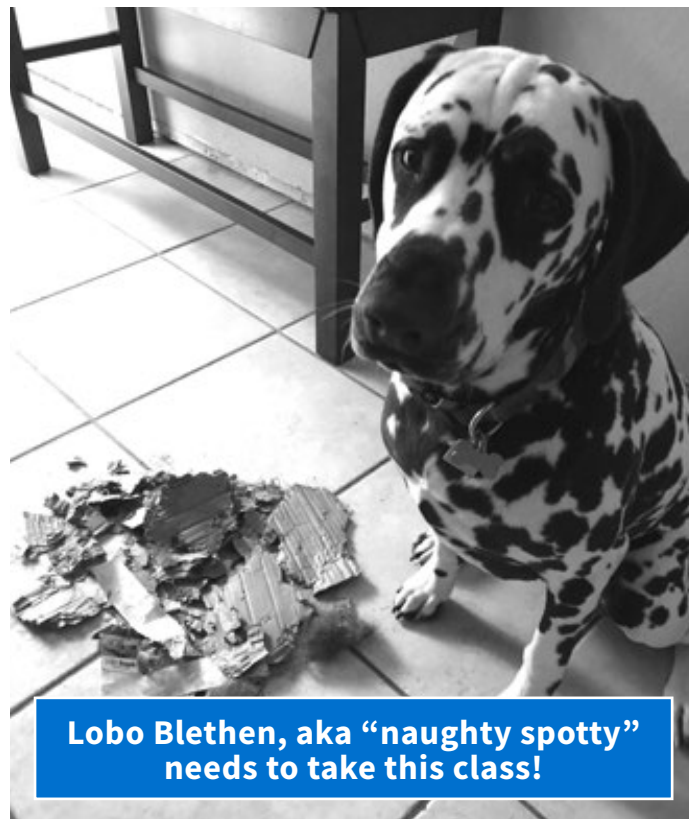
Act#: 7840			
18 & up	Jun 5-Jul 10	Wed	12-1:30 pm
Act#: 7841			
18 & up	Jul 24-Aug 28	Wed	12-1:30 pm

**WE WANT TO
HEAR FROM YOU!**

Please contact us at:
LFRconline@lakeforestca.gov

With thoughts on our online registration system. Your feedback is very important to us.

Dog Manners Crash Course



Lobo Blethen, aka “naughty spotty” needs to take this class!

Accomplish your training goals and address your dog's behavior problems (destructive chewing, jumping, nipping, barking, etc.) in just 4 weeks! Exercises include: sit and down on command, stay in sit or down position with distractions, come when called, and walking on a leash without pulling. For all breeds of dogs ages 5 months or older. Large breeds accepted at 4 months. Please bring current vaccination records to first meeting. Dogs attend all meetings. Please pre-register, and then call Dog Services at 714-532-3647 with your dog's name, breed, and age and an email address so the instructor may brief you prior to the first lesson.

Participants who show proof of adopting an animal from the OC Animal Shelter or Lake Forest Pet Adoption Center within six months of the adoption date will receive a 25% discount on the registration fee. Only valid for Mail-In and Walk-In registration with copy of adoption papers. Online registration is not available for discount program.

- Instructor: Dog Services Unlimited
- Fee:
\$92 Resident
\$97 Non-Resident
(Four-week sessions)
- Material Fee: \$5 material fee due at first class session
- Location: Montbury Park (21962 Montbury Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Lake Forest Sports Park & Recreation Center at 273-6960

Act#: 7836			
Families	Jul 20-Aug 10	Sat	12-1:15 pm

The City of Lake Forest provides a comprehensive special needs program. We work closely with local Lake Forest businesses to offer the special needs community fulfilling classes and socialization opportunities. The City hosts quarterly dances, networking events for special needs professionals, and a yearly resource fair for caregivers and special needs recipients. Our inclusive efforts ensure that accommodations are made for all special needs individuals to enjoy participating in any program the City offers.

Special Needs



Stars and Stripes Lollapalooza

Join us for DJ-hosted music, refreshments, and summer-themed prizes! Everyone who dresses in red, white, and blue receives a special giveaway!

- Fee: Free admission
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

For more info call: The City of Lake Forest at 461-3450

Act#: 7852
13 years-adult Jul 27 Sat 6-8 pm



Special Needs Soccer Super Soccer Stars Shine

Super Soccer Stars Shine Program uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities including but not limited to, Autism Spectrum Disorders, Down Syndrome, ADHD and PDD-NOS. Classes focus on simplifying soccer into specific components while teammates work together to build new skills in a fun, non-competitive and educational environment. Each class follows a structured sequence of entertaining and engaging individual and team-based activities. Coaches use specific tools and techniques including picture schedules, cheers, and repetition to reinforce communication, aid in transition and increase task completion.

- Instructor: Super Soccer Stars Staff
- Fee:
 \$150 Resident
 \$155 Non-Resident
 (Six-week sessions)
- Location: Baker Ranch Community Park (26380 Rancho Pkwy)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 7853
10-17 yrs Jun 15-Jul 20 Sat 11-11:50 am
Act#: 7854
10-17 yrs Jul 27-Aug 31 Sat 11-11:50 am

Lake Forest Special Needs Networking Group

These monthly meetings are presented in collaboration with Autism Behavior Services, Inc, and will feature a range of guest speakers, therapists, and professionals related to special needs individuals and their families. The discussions are free to attend, and are a great way to meet others in the community.

- Fee: Free
- Location: Lake Forest City Hall (25550 Commercentre Dr)
- To Register: RSVP to kfernandez@lakeforest.gov

RSVP	Families	Jun 17	Mon	6-7 pm
RSVP	Families	Jul 22	Mon	6-7 pm
RSVP	Families	Aug 19	Mon	6-7 pm

Gymnastics for Kids with Special Needs

Our gymnastics classes are specifically designed for children and teens with special needs (Autism, Down Syndrome, Cerebral Palsy, ADHD, etc.) Students will learn basic gymnastics skills such as handstands and cartwheels and other floor exercises. During class, students will work on social behaviors, taking turns, sharing equipment and more importantly having fun. Please call to set a free assessment and discuss class placement. **This special pricing is available to new members only.**

- Instructor: Us Too Gym Staff
- Fee:
\$100/month (Four 45-minute sessions) Resident
\$105/month (Four 45-minute sessions) Non-Resident
- Location: Us Too Gymnastics (25 Spectrum Pointe Dr #405)

To Register: Mail-In, Walk-In. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 7855 5 yrs & Up Ongoing Varies

Dance For All: Creative Movement for Special Needs

Based on the Dance For All movement program designed by dance and movement therapists, this class gives dancers with developmental disabilities a chance to dance. Dancers will experience the joy of exploring dance concepts in a creative movement class while developing social skills, strength, and flexibility in a supportive environment.

- Instructor: Allison Hampel (Expressions Dance)
- Fee:
\$90 Resident
\$95 Non-Resident
(Six-week session)
- Location: Lake Forest Sports Park & Recreation Center (28000 Rancho Parkway)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 7856 5-12 yrs Jul 1 - Aug 5 Mon 4-4:45 pm

Act#: 7857 13 yrs & Older Jul 1 - Aug 5 Mon 5-5:45 pm

SAVE TIME!
Register Online at:
<http://bit.ly/LFReconline>



Social Group for Children on the Autism Spectrum

The L.A.F.F. social groups were developed by Rosa Patterson, Psy. D, BCBA to assist children on the autism spectrum: Learn About Friends and Feelings. The groups are based on the principles of Applied Behavior Analysis and focus on social-emotional & behavioral growth. Areas addressed are play, social language, social reciprocity, perspective taking, problem solving, social relatedness, and much more!

- Instructor: Natalie Taguchi-Solorio, M. Ed, PPS, BCBA
- Fee:
\$75 per session - Resident
\$80 per session - Non-Resident
- Location: Autism Behavior Services, Inc.
23701 Birtcher Drive (949) 581-0100
or toll-free: (855) 581-0100

To Register: Call to schedule an intake appointment. Online registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

Act#: 7573 2-19 yrs Ongoing Mon-Sat Varies

SUMMER 2019 REGISTRATION DATES

NEW
**CAMP REGISTRATION
DAY FOR RESIDENTS**
Saturday, May 18, 2019 @ 8 am

RESIDENTS
ALL OTHER PROGRAMS
Tuesday, May 21, 2019 @ 8 am

NON-RESIDENTS
ALL PROGRAMS
Tuesday, May 28, 2019 @ 8 am

Shooting Stars Basketball



This program provides special needs athletes three levels of play to support individual skill and determination.

Little Dippers - Players who benefit from teen peer support.

Mighty Dippers - Players that dribble, pass, and shoot with minimal support.

Big Dippers - Teen-adult competitive basketball players.

Registration takes place on-site and is open during the winter and summer basketball seasons. Volunteer coaches, teens, and photographers are welcome!

- Location: RSM or Los Alisos Intermediate Schools

Please email Laurie & Richard Jimenez at SVUSDShootingStars@gmail.com for upcoming dates and location.



WHAT IS "TOPSoccer"?

TOPSoccer, The Outreach Program for Soccer, is a community-based soccer program for young athletes ages 4 to 30 with physical and mental disabilities. TOPSoccer emphasizes development, training, and meaningful participation rather than competition.

IT'S ALL ABOUT FUN!

For more info, please contact: Rick Trevers:
Laguna Niguel Youth Soccer Association
Rick.Trevers@LNYSA.org

Sandy Castillo:
scastillo@calsouth.com

or visit:
calsouth.com/topsoccer

Lake Forest Little League Challenger Baseball



Challenger Baseball is a Little League program for boys and girls with special needs. Children 6 to 18 years of age with any physical and/or developmental disability are welcome.

COST:

There is NO registration fee for Challenger players! LFL will cover the cost of a great team uniform, team photo, practice and field expenses. Bats and batting helmets are provided or you can use your own. There may be some incidental expenses (team party!), usually not to exceed \$20 over the season.

PRACTICES:

Friday afternoons at either Heroes Park field or the Lake Forest Sports Park, beginning in February 2018. The focus is skill-building and teamwork.

GAMES:

Saturday mornings, February to May 2019. Opening Day and Team Photos are February 23, 2019. Closing Day Festivities are in May. The last game is played on the field at Angel Stadium in Anaheim!

Come join the Lake Forest Little League!

Register on-line at LFL.org

For more information or to sign up call:
Melinda Luttrell (949) 837-3189.
Or email us at challengers@lfl.org



Award Winning World Class Skateboard Facility

“Best Skatepark in OC” Readers’ Choice 2018-Parenting OC Magazine—**“Best Skatepark in OC”** Editor’s Choice 2017-Parenting OC Magazine—**“#1 Family Friendly Skatepark”** Reader’s Choice 2016-Parenting OC Magazine

Come visit Lake Forest’s own award winning world class skateboard facility. At over 62,000 square feet, the Skatepark is a destination spot for skateboarders from around the world.

Park Entry Fee: Free to ride for Lake Forest residents. Non Residents of Lake Forest must pay a nominal fee of \$15 for their annual membership. **The membership is based on a calendar year, it is valid from January 1 to December 31. New membership cards will be sold beginning January 1, 2019, which requires park goers to sign a new waiver.**

- Location: 20028 Lake Forest Dr. Lake Forest, CA 92630
 - Phone: (949) 916-5870
- In the case of inclement weather, please call ahead to see if the Park is open.

Skatepark Hours:

- | | |
|-------------------|-------------|
| • Monday-Thursday | 10 am–10 pm |
| • Friday | 10 am–10 pm |
| • Saturday | 10 am–10 pm |
| • Sunday | 10 am–10 pm |

SUMMER 2019 HOLIDAY HOURS:

The Skatepark will be open on Thu, July 4, from noon to dusk in observance of the holiday.

Make sure to visit the Skatepark on the web at:
www.EtniesSkatepark.com.

The website features a live cam, interactive tours of the park, up to date news, videos of recent events, and a collection of history and information about the Skatepark.

Also follow us on Instagram, Facebook and Twitter for up-to-date news and weather conditions.



Skatepark Waiver Information

Please note that skate lesson/camp participants will need a waiver/membership form filled out prior to entering the skatepark. Membership is free for Lake Forest residents and \$15 for non-residents. The membership is based on a calendar year; so it is valid from January 1 to December 31. New membership cards will be sold beginning January 1, 2019, which require a new waiver to be signed.

Inclement Weather Class Schedule

If a class is canceled due to weather or other circumstances, a make-up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is canceled due to weather or other circumstances, a make-up class will be scheduled for the participants at the next available date.



Fourth of July Skatepark Skate Float

Bring your skateboard and ride along with the Skatepark float in the City’s 4th of July Parade! All participants **NEED TO WEAR A HELMET**. We will meet at El Toro High School at 8:30 am to finalize the float and set up for the parade. All participants will be treated to pizza and drinks when we return to the Skatepark. This is your chance to skate the streets of Lake Forest and show your support for the world-class Etnies Skatepark of Lake Forest. If you wish to help build the float, please call the Skatepark for more information.

- Fee: Free
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

For more info call: Etnies Skatepark of Lake Forest at 916-5870

All ages	Jul 4	Thu	8:30 am-12 pm
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BIRTHDAY PARTIES AT THE SKATE PARK

MAKE YOUR NEXT BIRTHDAY AN ETNIES SKATEPARK PARTY!

The Skatepark offers three very popular birthday party packages for the best party around! Please note that birthday party participants will need a waiver filled out by a parent or legal guardian prior to entering the Skatepark. Waivers will be good for the duration of the party. If the participant wants to use the Skatepark outside of party hours, the \$15 membership fee will need to be paid for non-residents. Participants will need to provide their own skateboard, helmet, knee and elbow pads. **Alcohol is not permitted.**

Register online at:

etniesskatepark.com/165/Birthday-Parties

***Note:** All park policies related to waivers and safety gear are to be followed by party goers and the party host/hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.*

***Inclement weather policy** – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.*

GRIND – \$175

Most economical package includes choice of music, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member, and a thirty minute group lesson or demonstration. An individual film pass is also included for a parent to film the party action inside the Skatepark facility. Note: Parent must fill out liability waiver, wear helmet, and wear flat closed-toe shoes while filming inside the Skatepark. This package is designed for parents who want to bring their own food, cake, etc. Each additional child will cost \$5 up to a maximum of 20 participants.

KICKFLIP – \$275

Best value and most parent friendly package includes all items listed in the Grind package as well as cupcakes, drinks, and 2 pizzas. Each additional child will cost \$10 up to a maximum of 20 participants.

MCTWIST – \$375

Premier package includes all items listed in the Kickflip package plus a Skatepark t-shirt and skate goody bag for each participant. Each additional child will cost \$20 up to a maximum of 20 participants.

PARTY PACKAGE DETAILS

- All packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block anywhere between 11 am-8 pm
- Reservations are required at least one week in advance with a \$100 security deposit due one week prior to your party date.
- Additional large pizzas can be added to the Kickflip and McTwist package for \$20 per pizza.
- The Skatepark is open to the public during the birthday party.
- The grass area of the Skatepark is decorated and reserved for your party goers. This area includes popup tents, folding tables, and chairs which can accommodate up to 20 individuals comfortably.

Location:

Etnies Skatepark of Lake Forest (20028 Lake Forest Dr.) To reserve your birthday party, please visit:

etniesskatepark.com/165/Birthday-Parties

Parties are only confirmed when we receive the required security deposit.

For more info call: **Etnies Skatepark at (949) 916-5870**

Go Skateboarding Day



COME CELEBRATE NATIONAL GO SKATEBOARDING DAY AT THE SKATEPARK.

There will be various skateboard related events occurring and a free taco bar for participants. The event is free- just come on down and be prepared to have fun!

- Fee: Free
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

For more info call: Etnies Skatepark of Lake Forest at 916-5870

All ages Jun 21 Fri 7-10 pm

**Please see the inclement weather schedule and waiver/ membership info.*

SUMMER 2019 REGISTRATION DATES

NEW CAMP REGISTRATION DAY FOR RESIDENTS

Saturday, May 18, 2019 @ 8 am

RESIDENTS ALL OTHER PROGRAMS

Tuesday, May 21, 2019 @ 8 am

NON-RESIDENTS ALL PROGRAMS

Tuesday, May 28, 2019 @ 8 am



Etnies Summer Contest Series



The Etnies Summer Contest Series will include an All-Girls Skate Contest, Flow Jam, and Street Challenge

All ages and skill levels welcome! Please visit etnies skatepark.com for more detailed information.

- Fee: \$20 Includes contest entry and goodie bag
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Pre-register at the Skatepark or online

For more info call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 7780
All Ages Flow Jam Jun 7 Fri 6-10 pm

Act#: 7781
All Ages
Street Challenge Jul 5 Fri 6-10 pm

Act#: 7779
All Ages All-Girls
Skate Contest Aug 3 Sat 5-10 pm

**Please see the inclement weather schedule and waiver/ membership info.*

Annual Skatepark Summer Campout

Celebrate the end of summer with the annual Summer Skatepark Campout. This event is for ages 10 and older and will be fully supervised. Skateboard, participate in the Midnight madness contest, camp, and watch movies. Dinner, snacks, and breakfast will be served. You'll need to bring a sleeping bag even though you will most likely skate all night! The gates will be locked at 10 pm, and campers may leave as early as 7 am the following morning.

- Fee: \$40 per person
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Pre-register at the Skatepark or online

For more info call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 7782
10 yrs and up Aug 9, 10 Fri, Sat 10 pm Fri-7 am Sat

**Please see the inclement weather schedule and waiver/ membership info.*



Etnies Summer Skate Camp

Choose this summer to spend a week at one of the best skate camps around! Learn the basics of ollies, flip tricks, grinding, bowl riding, and skating transitions. Hone your skills on a variety of the best skatepark terrain around including the three bowls, two massive flow courses, Orange County's only cradle, and a world-class street course. All campers receive a Createaskate.org board that they will be able to design and ride on the last day of camp. Each participant will create and print a custom Etnies Skatepark of Lake Forest t-shirt. **Lunch, drinks, and snacks are provided daily.** Please send your camper with their own water refillable bottle. Participants must provide their own skateboard and full protective gear including a helmet, elbow pads, and knee pads.

- Fee: \$199 per person. Limited to 20 per session.
* July 1-5 Camp is \$160 for the week due to 4th of July Holiday.
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 7783	5-17 yrs	Jun 10-14	Mon-Fri	10 am-2 pm
Act#: 7784	5-17 yrs	Jun 17-21	Mon-Fri	10 am-2 pm
Act#: 7785	5-17 yrs	Jun 24-28	Mon-Fri	10 am-2 pm
Act#: 7786	5-17 yrs	*Jul 1-5	Mon-Fri	10 am-2 pm
Act#: 7787	5-17 yrs	Jul 8-12	Mon-Fri	10 am-2 pm
Act#: 7788	5-17 yrs	Jul 15-19	Mon-Fri	10 am-2 pm
Act#: 7789	5-17 yrs	Jul 22-26	Mon-Fri	10 am-2 pm
Act#: 7790	5-17 yrs	Jul 29-Aug 2	Mon-Fri	10 am-2 pm
Act#: 7791	5-17 yrs	Aug 5-9	Mon-Fri	10 am-2 pm
Act#: 7792	5-17 yrs	Aug 12-16	Mon-Fri	10 am-2 pm
Act#: 7793	5-17 yrs	Aug 19-23	Mon-Fri	10 am-2 pm

**Please see the inclement weather schedule and waiver/ membership info.*

Labor Day Skate Camp

Choose this Labor Day to spend at one of the best skate camps around! Skateboard instruction, games, and a day of fun. During the day, campers will have **lunch, drinks, snacks, and a t-shirt for the campers.** A great way to spend the day off from school!

- Instructor: Skatepark Staff
- Fee: \$40 per person (Limited to 10 per session)
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 7794

5-17 yrs

Sep 2

Mon

10 am-2 pm

**Please see the inclement weather schedule and waiver/ membership info.*



Nectar's Preschool Skate School

Great for Young Beginners!



This month-long program is geared specifically to younger riders as an introduction to skateboarding and the Skatepark. Students will navigate through the Skatepark with their instructor and using Nectar's official Etnies Skatepark game board. The game board will help students learn beginner skills, general skateboard safety, and safety in the Skatepark. Each student will have healthy snacks, water, and Gatorade daily. We will also host skateboard-related crafts, and each participant will design and print their very own Skatepark t-shirt. On the final day of camp, the kids will get a visit from Nectar and a pizza and ice cream party!

- Fee: \$150 per person
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 7795

4-6 yrs

Jun 4-27

Tue, Thu

10 am-12 pm

Act#: 7796

4-6 yrs

Jul 2-25

Tue, Thu

10 am-12 pm

Act#: 7797

4-6 yrs

Aug 6-29

Tue, Thu

10 am-12 pm

**Please see the inclement weather schedule and waiver/ membership info.*



Beginning Skateboard Lessons

This class is designed for first-time skateboarders. We cover skateboard basics from foot placement, pushing, turning, how to fall correctly and general Skatepark safety and etiquette. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Full protective gear including a helmet, elbow pads, and knee pads are required as well as a skateboard. The maximum is 10 participants to 1 instructor.

- Instructor: Skatepark Staff
- Fee: \$75 (Four-week session)
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 7798 6 yrs and up	Jun 4-25	Tue	6-7 pm
Act#: 7799 6 yrs and up	July 2-23	Tue	6-7 pm
Act#: 7800 6 yrs and up	Aug 6-27	Tue	6-7 pm
Act#: 7801 6 yrs and up	Jun 6-27	Thu	6-7 pm
Act#: 7802 6 yrs and up	July 4-25	Thu	6-7 pm
Act#: 7803 6 yrs and up	Aug 1-22	Thu	6-7 pm
Act#: 7804 6 yrs and up	Jun 1-22	Sat	11 am - 12 pm
Act#: 7805 6 yrs and up	Jul 6-27	Sat	11 am - 12 pm
Act#: 7806 6 yrs and up	Aug 3-24	Sat	11 am - 12 pm

**Please see the inclement weather schedule and waiver/ membership info.*

Advanced Beginning Skateboard Lessons

This class is designed for riders who have learned the basics of skateboarding and are ready to progress toward higher skills such as dropping in, Ollies and riding ramps. Designed for all ages, these lessons can help develop the skills needed to successfully ride all aspects of the skatepark. Full protective gear consisting of a helmet, elbow pads, and knee pads are required as well as a skateboard. Maximum is 10 participants to 1 instructor.

- Instructor: Skatepark Staff
- Fee: \$75 (Four-week session)
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 7807 6 yrs and up	Jun 4-25	Tue	5-6 pm
Act#: 7808 6 yrs and up	July 2-23	Tue	5-6 pm
Act#: 7809 6 yrs and up	Aug 6-27	Tue	5-6 pm
Act#: 7810 6 yrs and up	Jun 6-27	Thu	5-6 pm
Act#: 7811 6 yrs and up	July 4-25	Thu	5-6 pm
Act#: 7812 6 yrs and up	Aug 1-22	Thu	5-6 pm
Act#: 7813 6 yrs and up	Jun 1-22	Sat	10-11 am
Act#: 7814 6 yrs and up	Jul 6-27	Sat	10-11 am
Act#: 7815 6 yrs and up	Aug 3-24	Sat	10-11 am

**Please see the inclement weather schedule and waiver/ membership info.*



Intermediate Skateboard Lessons

This class is designed for riders who have mastered the basics and are ready to go to the next level. Skills covered in this class are the art of flip tricks, ledges, pools, vert, overall park usage and even help with contest skating. Full protective gear consisting of a helmet, elbow pads, and knee pads are required as well as a skateboard. A rider should be comfortable riding around the entire Skatepark prior to signing up for this class. Maximum is 10 participants to 1 instructor.

- Instructor: Skatepark Staff
- Fee: \$75 (Four-week session)
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Online, Mail-In, Walk-In

For more info call: Etnies Skatepark of Lake Forest at 916-5870

Act#: 7816 6 yrs and up	Jun 4-25	Tue	6-7 pm
Act#: 7817 6 yrs and up	July 2-23	Tue	6-7 pm
Act#: 7818 6 yrs and up	Aug 6-27	Tue	6-7 pm
Act#: 7819 6 yrs and up	Jun 6-27	Thu	6-7 pm
Act#: 7820 6 yrs and up	July 4-25	Thu	6-7 pm
Act#: 7821 6 yrs and up	Aug 1-22	Thu	6-7 pm
Act#: 7822 6 yrs and up	Jun 1-22	Sat	11 am - 12 pm
Act#: 7823 6 yrs and up	Jul 6-27	Sat	11 am - 12 pm
Act#: 7824 6 yrs and up	Aug 3-24	Sat	11 am - 12 pm

**Please see the inclement weather schedule and waiver/ membership info.*



Private Skateboard Lessons

If you are a beginner to advanced rider wanting to increase skills for competitions, our private lessons can help you achieve your goals. Lessons are taught by experienced staff that specializes in teaching lessons catered to each individual. Private lessons are offered daily on a drop-in basis. Give the Skatepark a call at 916-5870 to see if we have instructors available.

- Instructor: Skatepark Staff
- Fee: \$40 – per forty-five minute session.
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Walk-In

For more info call: Etnies Skatepark of Lake Forest at 916-5870

Ages 4 & Up

**Please see the inclement weather schedule and waiver/ membership info.*

Skatepark Safety/ Etiquette Class

We understand that the skatepark can be intimidating to new users, and that is why we offer a free 15-minute Skatepark Safety/Etiquette course. This course teaches new users how to identify potential skatepark hazards, general skatepark etiquette, and how to have the most fun possible while riding the world famous Etnies Skatepark of Lake Forest! This class is available on a drop-in basis and is taught by experienced Skatepark Staff.

- Instructor: Skatepark Staff
- Fee: Free – limited 4 per session.
- Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To Register: Walk-In

For more info call: The Skatepark at 916-5870

Ages 4 & Up

**Please see the inclement weather schedule and waiver/ membership info.*

Senior Programs

The Clubhouse For Seniors

Come visit us at The Clubhouse...A place where you meet new friends and create lasting memories!

You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes and movies. Attendees do not need to make a reservation for this drop-in program. Participants must be 50+ years of age.

The Clubhouse will be closed: Thursday, July 4 due to Holiday.

- Fee: Free
- Location: Lake Forest Community Center (25550 Commercentre Dr)

For more info call:

The City of Lake Forest at 461-3450 or contact Karen Rice via e-mail at krice@lakeforestca.gov

Seniors Ongoing Mon-Thu 10 am-2 pm

**B.I.N.G.O. !
& FREE
Hot Lunch!**

Provided by The City of Lake Forest
every THURSDAY!



HEAT WATCH



During the months of August and September, The Clubhouse will remain open until 4 pm on days of extreme heat (over 90 degrees). The decision to extend The Clubhouse hours will be made by 1 pm on the affected day.



The Clubhouse Calendar

Don't miss out on The Clubhouse Calendar. The calendar is a great way to view all the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar (or no longer want the calendar), please call 461-3408 and leave your name, address and phone number (spell your last name and street address, slowly please).

The Clubhouse will be closed: Thursday, July 4 due to Holiday

Free Blood Pressure Checks

A blood pressure test measures the pressure in your arteries as your heart pumps and provides additional information about overall health. Healthcare professionals recommend that individuals over 40 receive a blood pressure screening once per year. The Clubhouse hosts free blood pressure checks on the third Monday of every month.

- Fee: Free
- Location: Lake Forest Senior Scene Clubhouse (25550 Commercentre Dr)

For more info call: The Clubhouse at 461-3408

Seniors	Jun 17	Mon	10 am-12 pm
Seniors	Jul 15	Mon	10 am-12 pm
Seniors	Aug 19	Mon	10 am-12 pm

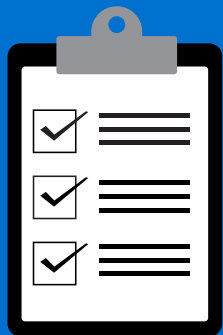
Senior Box Lunch Program

The Senior Box Lunch Program is offered on Mondays, Tuesdays, and Wednesdays at 11:30 am. Lunch, provided by Age Well Senior Services, Inc., includes a sandwich, fruit or veggie salad, a drink and a dessert. Feel free tell your neighbors and friends! Registration is required for the program.

- Fee: \$4.50 suggested donation is requested per participant
- Location: Lake Forest Community Center (25550 Commercentre Dr)

For more info or to register call: The City of Lake Forest at 461-3408

Seniors Ongoing Mon-Wed 11:30 am



TAKE OUR QUICK SURVEY!

As we prepare to move into our new home, The Clubhouse, we want to be sure to add the workshops, classes and programs you want. Help us make these decisions by taking our survey. Pick up a copy of the survey at the current Clubhouse (Monday-Thursday from 10:00AM-2:00PM) or online at www.LakeForestCA.GOV/Senior. Give us your opinion and earn the chance to win some great prizes with weekly drawings. Hurry, last day to turn in your survey is Friday, May 31 at 5:00PM.



4th of July Parade Float

The City's 28th Annual 4th of July Parade will be here before you know it! This year's parade theme is "United We Stand!" If you would like to help decorate, ride on the float or carry a banner during the parade, please call (949) 461-3408 on Monday, June 3 and leave your name and phone number (Space is limited to ride on the float).

STILL TIME TO SIGN UP! 3RD ANNUAL PRIMETIMER GAMES

Once again we will test our skills, challenge ourselves, and compete against our friends in the Annual PrimeTimer Games start June 3! Sign-ups started on Tuesday, May 2 and there is still time for you to sign-up! Call 461-3408 for more details!



Medication Review

Make a one-on-one appointment to learn about your medications and supplements.

The County of Orange Health Care Agency's consulting pharmacist, Bill Liu, will assess your medication regimen for efficacy, appropriateness, alert you to side effects and identify any potential drug interactions. Remember to bring all your medications, vitamins, and supplements or a detailed list of medications you take.

Interested individuals may call 461-3408 to schedule a free 20-minute appointment for Thursday, July 25, 2019, between 11 am and 2 pm, at The Clubhouse (25550 Commercenter Dr).



Ping Pong

The Clubhouse hosts ping pong every Tuesday, Wednesday, and Thursday. Breakout your paddles and join us for a friendly game.

- Fee: Free
- Location: Lake Forest Community Center (25550 Commercentre Dr)

For more info call:
The City of Lake Forest at 461-3450

Seniors	Ongoing	Tue	10 am-1 pm
Seniors	Ongoing	Wed	2:30-4:30 pm
Seniors	Ongoing	Thu	2:30-4:30 pm



Need Legal Advice?

An attorney from the Legal Aid Society of Orange County will provide free legal advice to seniors through the Orange County Senior Citizens Legal Advocacy Program (SCLAP) on a wide variety of issues: Government Benefits, Health, Housing, Consumer Problems, and Elder Abuse.

To qualify for an appointment, you must be:

- *Orange County resident
- *60 years of age or older
- *US Citizen or Permanent Resident (if you are a permanent resident, you must present your green card at time of appointment)

Please note: SCLAP does not offer representation on criminal cases, class action lawsuits, drafting wills and trusts, or cases in which you want to sue for money.

Appointments are scheduled for 20 minutes. To receive the most out of your appointment, please write down questions for the attorney.

- Fee: Free
- Location: Lake Forest Community Center (25550 Commercentre Dr)

To make an appointment call 461-3408 (Monday through Thursday) from 9 am to 1 pm

Seniors Jul 25 Thu 10:30 am-2:30 pm

Drop-In Computer Lab Hours

The Clubhouse attendants may use the computers in the Training Room to check e-mail, surf the net, and practice computer skills to improve your proficiency.

Please note: There is no instructor on-site.

- Fee: Free
- Location: Lake Forest Community Center, Computer Lab (25550 Commercentre Dr)

For more info call:
The City of Lake Forest at 461-3450

Seniors Ongoing Mon-Thu 10 am-2 pm

Note: the Computer lab may be closed to the general public throughout the year for City of Lake Forest staff trainings.

Crafty Crafters



The Senior Scene Clubhouse offers Crafty Crafters once a month on Tuesdays. Each class is different and past crafts have included tote bags, photo wood plaques, decorative soaps, birdhouses, and floral pots. Please call 461-3408 the first Monday of the month and reserve your space for this popular program. Refer to the Clubhouse Calendar for dates and times!

- **Fee: Free**
- **Location: Lake Forest Community Center, Activities Room (25550 Commercentre Dr)**

Young At Heart Lake Forest Seniors Reading Circle

The Young At Heart~Lake Forest Seniors Reading Circle meets once a month to discuss the books listed below. The City provides snacks for you to enjoy during each discussion. Registration is not required for this program. Afterwards, visit the Senior Clubhouse and enjoy a free hot lunch and bingo.

- **Book Discussion Location:**
Lake Forest Community Center, El Toro Room (25550 Commercentre Dr)

For more info call:
The City of Lake Forest at 461-3450

Jun 20	Thu 9:30 am	Rules of Civility by Amor Towles
Jul 18	Thu 9:30 am	Astoria: Astor & Jefferson's Lost Pacific Empire by Peter Stark
Aug 15	Thu 9:30 am	Eleanor Elephant is Completely Fine by Gail Honeyman



Senior Golf Days at Lake Forest Golf and Practice Center

Senior Golf Days is a program suited for individuals who enjoy the outdoors and meeting new people. This program, hosted by Outdoor Explorations, includes six outings of nine holes of golf, warm-up balls, snacks, and a weekly putting contest.

- **Fee: \$66 Residents \$84 Non-Residents**
- **Location: Lake Forest Golf and Practice Center (23308 Cherry Ave)**
- **Sessions Start: Jun 6-Jul 11 / Jul 25-Aug 29**

For more info or to register call: Angela Kelly at (949) 632-0300

Seniors Tue or Thu only 7:45-8:15 am



Senior Bowling League at Forest Lanes

It's Jackpot Friday complete with games and bowling for all seniors! All skill levels are welcome. Form your own team or sign up individually. **First time bowlers will receive a FREE session of bowling (Lake Forest senior residents only) on Fridays between 1-3:30pm!**

- **Fee:**
\$10 per resident senior (plus \$3 shoe rental)
\$12 per non-resident senior (plus \$3 shoe rental)
- **Location: Forest Lanes (22771 Centre Dr)**

To Register Call: Forest Lanes at 770-0055

Seniors Ongoing Fri 1-3:30 pm

City of Lake Forest Transportation Options

The City of Lake Forest offers door-to-door transportation services to Lake Forest Senior Residents via an Age Well Senior Services (AWSS) Bus and California Yellow Cab company.

For additional information call (949) 461-3450.



California Yellow Cab

Are you 60 years or older? A resident of Lake Forest and do not drive or do not own a vehicle? We have transportation for you with CA Yellow Cab! There are three options:

- **\$3.00 One-Way** - Within Lake Forest City Limits to Senior Scene Clubhouse, the Lake Forest Sports Park and Recreation Center, Non-Emergency Medical Appointments, Socializing, Pick-up prescriptions, Movies, etc.
- **\$7.00 One-Way** - To/From Non-Emergency Medical appointments to the Saddleback Memorial Hospital, South County Orthopedic Specialist (SCOS), Kaiser Hospital (Irvine), Hoag Hospital (Irvine), Mission Viejo Hospital
- **\$10 Lost Card Fee** - A \$10 fee will be charged to any taxi participant who requires a replacement card.

For new program users to take advantage of the Senior Taxi Cab program:

- You must have a current DMV Identification Card verifying that you're Lake Forest resident to take part in this program.
- Call 461-3450 to make an appointment to register and take your photo ID for the City of Lake Forest Taxi Program

Note: All Taxi passengers must be 60 years of age or better. It may take up to 48 hours from the time you register for the program, and take your picture for your ID card, for the card to be valid for you to make a taxi reservation. Staff will call you to come pick up your card when it is ready to be used. Once you receive your Taxi ID card, you will be able to make a reservation, and pay the taxi driver directly with either cash or a credit card.

AWSS Bus Service

- **Fee: \$.50 - One way**
From your residence to The Clubhouse
Monday - Thursday, 10am - 2pm

For new participants call the Community Service Department at 461-3450.



COMING SOON!

3rd Annual PrimeTimer Games



Once again we will test our skills, challenge ourselves, and compete against our friends in the Annual PrimeTimer Games! **Games will start June 3, 2019.** Sign-ups will start May 20, 2019.

Call 461-3408
For More Details

SUMMER 2019 REGISTRATION DATES



CAMP REGISTRATION DAY FOR RESIDENTS

Saturday, May 18, 2019 @ 8 am

RESIDENTS

ALL OTHER PROGRAMS

Tuesday, May 21, 2019 @ 8 am

NON-RESIDENTS

ALL PROGRAMS

Tuesday, May 28, 2019 @ 8 am



HICAP

Health Insurance Counseling and Advocacy Program

HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you understand health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get unbiased information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

- Your rights as a health care consumer
- Medicare benefits, including how to appeal Medicare and HMO denials
- Medicare and health insurance jargon
- Private Medicare supplemental health insurance policy benefits and exclusions
- HMOs and how they work including emergency assistance with denials
- Long-term care insurance.

To Make an Appointment, Please Call 461-3408 and Leave Your Name and Phone Number.

Appointments are available from 10 am - 2 pm on the second Tuesday of the month: June 11, July 9, Aug 13.

- Fee: Free
- Location: Lake Forest Community Center (25550 Commercentre Dr)

Seniors	Jun 11	Tue	10 am-2 pm
Seniors	Jul 9	Tue	10 am-2 pm
Seniors	Aug 13	Tue	10 am-2 pm



AARP Driver Safety Refresher Course

Would you like to be more confident behind the wheel? Then we have a class for you! **This instructional class is for the mature driver (50+).** You will learn better driving techniques and ways to spot and correct bad driving habits, save on auto insurance and help to maintain mobility and independence after completing this great course.

- **Fee: \$15 (AARP members; \$20 non-members) – 1 class session (check made payable to AARP)**
- **Location: Lake Forest Community Center (25550 Commercentre Dr)**

**For more info call:
The City of Lake Forest at 461-3450**

To Register: Mail-In, Walk-In. On-line Registration is not available for this program.

Act#: 7652

50 Yrs & up Jul 19 Fri 8:30 am-1 pm

50 Yrs & up Jul 20 Sat 8:30 am-1 pm

SAVE TIME!



**Register Online at:
<http://bit.ly/LFReconline>**

NEED TO KNOW NUMBERS



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP 888-687-2277

Access
(Reservations/Information) 877-628-2232

Access
(Eligibility) 714-560-595

Age Well Senior Services, Inc. 855-8033
(Formerly South County Senior Services)

City of Lake Forest City Hall 461-3400

Council on Aging 714-479-0107

Non-Disabled
Housing Information 714-480-2864

Elder/Disabled Adult Abuse 800-451-5155

HiCap Services 800-434-0222

Human Services Information 2-1-1

Irvine Valley College/Emeritus 367-8343

Meals on Wheels 380-0155 ext.12

Medicare Fraud Hot-line 800-447-8477

OCTA (Transportation) 800-636-743

Office on Aging 800-510-2020

Orange Caregiver
Resource Center 800-543-8312



**HAVE IDEAS FOR NEW
PROGRAMS, EXCURSIONS,
CLASSES OR ACTIVITIES?**

**WE WANT
TO HEAR
FROM YOU!**

**Parks
Make
Life
Better!**

**STREET
TEAM**

During the month of July, look for the City of Lake Forest **“PARKS MAKE LIFE BETTER STREET TEAM”** at local parks. To help celebrate the National Parks and Recreation’s annual “July is Parks and Recreation Month”, the Street Team will be visiting local parks, through out the weeks and giving away some great stuff—t-shirts, frisbees, water bottles and more! **LOOK FOR FACEBOOK POSTS, AND TWEETS FROM THE CITY OF LAKE FOREST** to let you know where the street team might show up!



THE CLUBHOUSE SLATED TO OPEN IN THE FALL 2019

The Clubhouse facility slated to open in the **fall of 2019** is part of the City’s Civic Center Campus. The facility will be the new home for the City’s current Senior Scene Clubhouse program (for participants “50 years of age and better”) With 23,000 square feet The Clubhouse will include, indoor/outdoor multipurpose rooms, a computer lab, and a wraparound patio.

Look for more information on a grand opening celebration coming soon...

SENIOR EMERITUS CLASSES

Through Saddleback College

Saddleback College Emeritus Classes are taking a break for the summer at The Clubhouse facility. Look for classes to come back to The Clubhouse in the fall.

SENIOR EMERITUS CLASSES

Through Irvine Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Registration is recommended for all classes.

For phone registration please call IVC at:
(949) 367-8343 Monday through Friday 9 am-5 pm

REGISTRATION FOR SENIOR EMERITUS CLASSES FOR CONTINUING IVC/SC STUDENTS, LOG ONTO:
<http://mysite.socccd.edu>

- Log in using your Student ID number and 4-digitPin, then click login.(Contact the Extended Education Office if you need help with your PIN).
- Click on **My Classes**
- Click on **Register for Classes**
- Select Term (Spring, Summer, Fall, Winter)
- Update Records (A response is required for all sections with a red asterisk)
 - Major: Select **Not Listed**
 - Educational Goals: Select Educational Development
- Click Schedule Builder
 - Enter ticket number; click **Add Class**
 - If multiple courses are needed, repeat

- Select **No**– when asked about ASB card and click **Next**

- Accept the refund policy, then click **Complete Registration**

REGISTRATION FOR NEW STUDENTS OR RETURNING STUDENTS WHO SKIPPED A SEMESTER:

1. Apply for admission at www.ivc.edu
2. Click on **Apply**
3. At the center of the page, click **Apply Here**
4. Click on **Create an Account** and follow the two-part registration process:
 - a. Create an account (Open CCC account number)
 - b. Continue to the application. Once application has been submitted, you will receive an email within 24-48 hours with your student identification number.
5. Once you receive your student identification number follow the instructions above to register for IVC/SC Senior Emeritus classes.

Fitness

Dyna-Band Workout (IVC)

Increase your strength and mobility using Dyna-bands. Dyna-bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low- impact aerobics and gentle stretching.

Workouts include a cool down time with gentle stretching and breathing to relax all body parts.

This class includes the Arthritis exercise program.

- Instructor: Emeritus Staff
- Fee: Free
- Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 61895

Seniors May 28-Aug 6 Tue 12:30-2:05 pm



Pilates (IVC)

Pilates strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination, and develops an increased sense of body awareness. Class includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

- Instructor: Emeritus Staff
- Fee: Free
- Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

Tic#: 61955
Seniors **May 28-Aug 6** **Tue** **10-11:30 am**

Aquatic Fitness Training (IVC)

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

- Instructor: Emeritus Staff
- Fee: Free
- Location: Lake Forest I Beach & Tennis Club (22921 Ridge Route)

Tic#: 62085
Seniors **May 28-Aug 20** **Tue** **2-3:30 pm**

Tic#: 62020
Seniors **May 30-Aug 22** **Thu** **2-3:30 pm**

Yoga (IVC)

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing, and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

- Instructor: Emeritus Staff
- Fee: Free
- Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: 62055
Seniors **May 29-Aug 7** **Wed** **1-2:30 pm**

Physical Fitness (IVC)

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.

- Instructor: Emeritus Staff
- Fee: Free
- Location: Lake Forest Community Center (25550 Commercentre Dr)

Tic#: TBA
Seniors **May 29-Aug 7** **Wed** **11 am-12:20 am**





How to Register For Programs

Summer 2019 Registration Dates:

Lake Forest Residents:

Summer Camp: Saturday, May 18, 2019, Beginning @ 8AM
Programs: Tuesday, May 21, 2019, Beginning @ 8AM

Non-Residents:

Tuesday, May 28, 2019, Beginning @ 8AM

3 Easy Ways to Register

1 Online Registration



To set up a family account in our user-friendly registration software, please go online to:
<http://bit.ly/LFReonline>

- ▶ You must provide an email address to build a family account.
- ▶ You will receive an auto-generated confirmation email with your new account login info.

We highly recommend you set up your account before registration begins.

2 Mail-In Registration



Complete the registration form and enclose your check payable to "City of Lake Forest." Please complete a registration form with a separate check for each program.

Mail to: City of Lake Forest attn: program registration 25550 Commercentre Dr., Suite 100, Lake Forest, CA 92630

3 Walk-In Registration



Bring the program registration form, your check, cash or credit card to either location:

- ▶ Lake Forest City Hall - 25550 Commercentre Dr, Second Floor.
- ▶ Lake Forest Sports Park and Recreation Center, 28000 Rancho Parkway

General Information

All programs are subject to cancellation or schedule changes.

We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.

In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list.

Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.

Upon receipt of your paid registration, you will be a confirmed registrant for your desired class or classes. Your canceled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.

Returned check policy: If your check is returned to us, you will be charged a \$25 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.

Activities may be canceled if the minimum is not met. You will be contacted if a class or program for which you have registered has been canceled.

Refund Policy

A full refund will be given for an activity canceled by the City of Lake Forest.

In the case of City excursions and day camp programs, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.

In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.

Registrations for City of Lake Forest Excursions are non-transferable.

Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.

Refunds are not given for any program that may be canceled by the patron with a fee of \$10 or less per participant (per receipted transaction).

All Camp cancellations requesting refunds (for Little Pioneers, Lake Forest Rocks and Lake Forest Unplugged camps) must be submitted by 5pm on the Thursday prior to the first day of camp (Monday) will be assessed \$30 cancellation fee. All camp cancellations made after 5pm on Thursday will be assessed a \$60 cancellation fee. All refund requests for Little Pioneers, Lake Forest Rocks and Lake Forest Unplugged Camps must call, the Recreation Supervisor at (949) 273-6975.

For more information, or assistance, please contact us at (949) 461-3450

City of Lake Forest • Community Services Division Program Registration Form

Photocopy if more than one registration form is needed



Primary Contact (Responsible adult for registering persons into courses)

Last Name: _____ First Name: _____ Male ☐ Female ☐

Birthdate (Required) _____ Email (Required) _____

Street Address: _____ City, State, Zip: _____

Preferred Contact Phone Number: () _____ Emergency Phone: () _____

Emergency Contact Name: _____ Emergency Contact Phone: () _____

Other Family Members (Living with primary contact: spouse, children, etc.)

Children's birthdate must be filled out completely in order to process registrations.

Last Name	First Name	Birthdate	Gender
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment before sending program registration form

Bar-code #	Participant Name	Birthdate	Gender	Activity Name	Fees
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
		(MM/DD/YY)	<input type="checkbox"/> M <input type="checkbox"/> F		
Please send a separate check for each activity					Total Activity Fees

Participant and/or Parent Release Form

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.

I further agree to pay any and all costs incurred as a result of said treatment _____ ☐ YES ☐ NO

I permit the use of activity/event photography and/or video of my child or myself for media promotion _____ ☐ YES ☐ NO

Please contact me via email regarding upcoming city events and news at: _____ ☐ YES ☐ NO

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

Signature (Parent or guardian must sign for those under 18 years of age) _____ DATE: _____

Mail this form with payment to: City of Lake Forest Attn: Program Registration
25550 Commercenter Dr., Ste. 100, Lake Forest, Ca 92630



Question or Comments on Registration?
Please Call: (949) 461-3450

Receipt of This Signed Form and Your Payment Confirms Your Registration Based Upon Availability Until The Activity is Full.

Office Use Only

Receipt #: _____ Paid by Check #: _____ Paid by Cash Amount: _____ Credit Card Type: _____ Initial/Date: _____



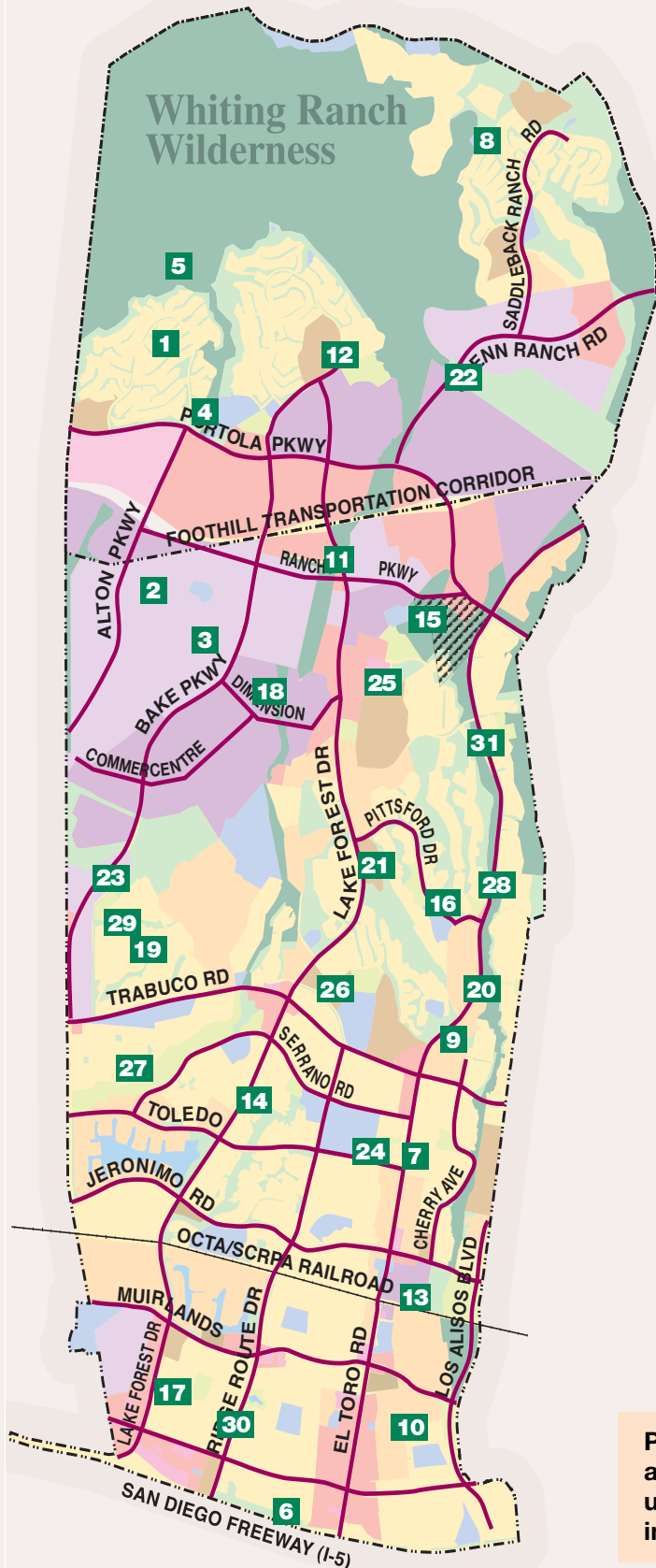
If You Need Special Assistance With Any Program, Please Call the Recreation Division @ (949) 461-3450

REFUND POLICY: In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be canceled with a fee of \$10 or less per participant (per receipted transaction).

NOT FOR EMERITUS PROGRAM REGISTRATION

JULY IS PARKS AND RECREATION MONTH

VISIT ONE OF THESE GREAT PARKS THIS SUMMER!



City Of Lake Forest Park Guide

CITY PARKS

		Acres	Barbecues	Baseball	Basketball	Multi-Use Fields	Outdoor Exercise Equipment	Picnic Tables	Playground	Restrooms	Soccer	Tennis Court	Walking Path
1	Alton Park	2.3	4	1 ^{hc}			9	1					
2	Baker Ranch Community Park	8	2	1	1	1	10	1	1	1			
3	Barker Ranch Dog Park	0.5											
4	Borrego Park	11	5	1 ^{fc}			11	1	1	1	1		1
5	Borrego Overlook Park	1.6	3				5	1					
6	Cavanaugh Mini Park	0.2		1 ^{hc}			1	1					
7	Cherry Park	4.5	3	1 ^{hc}			8	1					
8	Concourse Park	7	2	1 ^{hc}		1	4	2	1				1
9	Darrin Park	3.1	6	1 ^{hc}		11	1						
10	El Toro Park	10	2			1	7	1	1			2 ^L	
11	Etnies Skatepark of Lake Forest	5.3					4		1				
12	Foothill Ranch Community Park	15.5	2	1 ^{fc}			10	2	1	1	2	1	
13	Heroes Park	12.4	1	4 ^L	1 ^L		5		1				
14	Lake Forest Park	2.3						1					
15	Lake Forest Sports Park/Recreation Center	86	8	5	2	3	1	36	2	2	5	1	
16	Montbury Park	3.5	1					2					
17	Mountain View Park	5.3	2	1	1 ^{fc}	1	9	2	1			2 ^L	
18	Nature Park	4.5					7						1
19	Peachwood Park	2.7					5	1					
20	Pebble Creek Park	1.9					1	1					
21	Pittsford Park	10	2				8	2	1		2	1	
22	Portola Park	5											
23	Rancho Serrano Park	5.1	3				7			1			
24	Ranchwood Park	1.9		1 ^{hc}				1					
25	Regency Park	5								1			
26	Ringgate Park	5	1	1 ^{fc}			7	3	1		1		
27	Serrano Creek Park	44	3				13	1	1			1	
28	Sundowner Park	0.8	1				2	1					
29	Tamarisk Park	11.2		1	1 ^{fc}		6	1	1				
30	Veterans Park	4.7					3						
31	Vintage Park	4.8	5	1 ^{fc}	1 ^{hc}		11	1					



park shelter available for reservation



under construction



gymnasium




roller rinks

• ^{fc} full court • ^L lights
• ^{hc} half court • ^s shelter

Park hours are dawn to dusk. Lighted athletic fields or tennis courts are open until 10 p.m. Park rules are posted in each park.

**Parks
Make
Life
Better!**

SUMMER EVENTS AT A GLANCE

DATE	TIME	EVENT	LOCATION	FEE
SAT, JUN 1 & SUN, JUN 2	10 am - 2 pm	DINO DAYS	NATURE PARK	\$5 PER PERSON PRESALE WRISTBAND ONLY
FRI, JUN 7	6 - 10 pm	ETNIES SUMMER CONTEST SERIES ALL AGES FLOW JAM	ETNIES SKATEPARK OF LAKE FOREST	\$20 PER CONTESTANT FREE TO SPECTATORS
FRI, JUN 14	6:30 pm	MOVIES IN THE PARK THE LEGO MOVIE 2	LAKE FOREST SPORTS PARK AND RECREATION CENTER	FREE
FRI, JUN 21	7 - 10 pm	GO SKATEBOARDING DAY	ETNIES SKATEPARK OF LAKE FOREST	FREE
SAT, JUN 22	5:30 - 8:30 pm	SUMMER CONCERT SERIES 80'S VS 90'S FLASHBACK TRIBUTE	LAKE FOREST SPORTS PARK AND RECREATION CENTER	FREE
THU, JUL 4	10 am - 12 pm	 4 TH OF JULY PARADE	TOLEDO WAY AT RIDGE ROUTE	FREE
FRI, JUL 5	6 - 10 pm	ETNIES SUMMER CONTEST SERIES ALL AGES FLOW JAM	ETNIES SKATEPARK OF LAKE FOREST	\$20 PER CONTESTANT FREE TO SPECTATORS
FRI, JUL 12	6:30 pm	MOVIES IN THE PARK HOW TO TRAIN YOUR DRAGON: THE HIDDEN WORLD	LAKE FOREST SPORTS PARK AND RECREATION CENTER	FREE
SAT, JUL 13 & SUN, JUL 14	5:30 pm - 10 am	FAMILY CAMPOUT AT THE PARK	LAKE FOREST SPORTS PARK AND RECREATION CENTER	\$5 PER RESIDENT \$5 PER NON-RESIDENT
SAT, JUL 20	5:30 - 8:30 pm	SUMMER CONCERT SERIES REDNECK RODEO AND KELLY RAE BAND	LAKE FOREST SPORTS PARK AND RECREATION CENTER	FREE
SAT, JUL 27	6 - 8 pm	SPECIAL NEEDS SUMMER DANCE STARS AND STRIPES LOLLAPALOOZA	LAKE FOREST CITY HALL	FREE
SAT, AUG 3	6 - 10 pm	ETNIES SUMMER CONTEST SERIES ALL AGES, ALL-GIRLS SKATE CONTEST	ETNIES SKATEPARK OF LAKE FOREST	\$20 PER CONTESTANT FREE TO SPECTATORS
FRI, AUG 9	6:30 pm	MOVIES IN THE PARK INCREDIBLES 2	LAKE FOREST SPORTS PARK AND RECREATION CENTER	FREE
FRI, AUG 9 & SAT, AUG 10	10 pm - 7 am	ANNUAL SKATEPARK SUMMER CAMPOUT	ETNIES SKATEPARK OF LAKE FOREST	\$40 PER PERSON
FRI, AUG 23	6:30 pm	MOVIES IN THE PARK THE JUNGLEBOOK	LAKE FOREST SPORTS PARK AND RECREATION CENTER	FREE
SAT, AUG 17	5:30 - 8:30 pm	SUMMER CONCERT SERIES CLASSIC ROCK & CAR SHOW	LAKE FOREST SPORTS PARK AND RECREATION CENTER	FREE

For more info call 461-3450, 273-6960, or visit our website: www.LakeForestCA.gov
 For up-to-date info on City special events, check out www.facebook.com/LakeForestSpecialEvents and follow us on Twitter